

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

Of

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester: I to VI)

(Under Credit Based Continuous Evaluation Grading System)

(Session: 2021-2022)



The Heritage Institution

KANYA MAHA VIDYALAYAJALANDHAR

(Autonomous)

Programme Specific Outcomes for Bachelor of Vocation (Nutrition, Exercise & Health)

Session: 2021-22

- PSO (1):- To gain basic knowledge of nutrients.
- PSO (2):- To gain knowledge about food preparation.
- PSO (3):- To develop knowledge about carbohydrates, proteins, fat.
- PSO (4):- To develop the knowledge of different food preparation methods.
- PSO (5):- To demonstrate different asan to the students.
- PSO (6):- Enable the students to have a proper knowledge about the benefits of posture of different asan.
- PSO (7):- To give knowledge about structure and function of human body.
- PSO (8):- To provide knowledge about regulation of blood glucose in human body and role of pancreas towards blood glucose level.
- PSO (9): To develop the roles and responsibilities of diabetic educator also provide knowledge about first aid and different medical responses.
- PSO (10):- To give knowledge about bio medical waste management their categories, color coding and types.
- PSO (11): To identify different health care system and functions of hospitals and facilities provided by dietetics department.
- PSO (12):- To develop the role and functions of diet assistant.
- PSO (13): To develop the knowledge about balanced diet and food groups.
- PSO (14): To enhance the knowledge of personnel hygiene of diet assistant. Teach them different aspects of healthy living.
- PSO (15): To enhance the soft skills of communication of diet assistant.
- PSO (16): Able to provide nutrition counseling and education to individuals, groups and communities throughout the lifespan using a variety of communication strategies.
- PSO (17). Able to apply technical skills, knowledge of health behaviour , clinical judgement and decision making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.
- PSO (18). Students can implement strategies for food access, procurement, preparation and safety for individuals, families and communities.
- PSO (19). Apply food science knowledge to describe functions of ingredients in food.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

**SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE
PROGRAMME**

Bachelor of Vocation (Nutrition, Exercise & Health)

(Session: 2021-2022)

(Credit Based Continuous Evaluation Grading System)

Semester I

Course code	Course Type	Course Titles	Credits L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 1421/ BVNL- 1031/ BVNL-1431	C	Punjabi Compulsory/ ¹ Basic Punjabi/ ² Punjab History and Culture	2-0-0	50	40	-	10	3
BVNL- 1102	C	Communication Skills in English	4-0-0	50	40	-	10	3
BVNL-1283	S	Hospital Front Desk Coordinator-I	4-0-0	100	80	-	20	3
BVNL-1284	S	Basic Food and Nutrition	4-0-0	50	40	-	10	3
BVNM-1285	S	Introduction to Psychology	2-0-2	100	60	20	20	3 +3
BVNM-1126	C	Basics of Computer	1-0-1	50	25	15	10	3+3
BVNP- 1287	S	Yoga and Body Fitness (Practical)	0-0-4	100	-	80	20	3
BVNP-1288	S	Basic Food and Nutrition (Practical)	0-0-2	50	-	40	10	3
AECD-1161	C	*Drug Abuse: Problem, Management and Prevention (Compulsory)	2-0-0	50	40	-	10	3
SECF - I492	C	*Foundation Course	2-0-0	25	20	-	5	1

Session 2021-22

		Total	30	550	
<p>1. Special Paper in lieu of Punjabi (Compulsory)</p> <p>2. Special Paper in lieu of Punjabi (Compulsory) (For those students who are not domicile of Punjab). C- Compulsory S- Skill Enhancement</p> <p>*Grade points and grades of these courses will not be included in SGPA/CGPA of semester programme.</p>					

Session 2021-22

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester I

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1421

COURSE OUTCOMES

CO1: ਆਤਮ ਅਨਾਤਮ' ਪੁਸਤਕ ਦੇ ਕਵਿਤਾ ਭਾਗ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਵਿਤਾ ਪ੍ਰਤੀ ਦਿਲਚਸਪੀ, ਸੂਝ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਤਾਂ ਕਿ ਉਹ ਆਧੁਨਿਕ ਦੌਰ ਵਿਚ ਚੱਲ ਰਹੀਆਂ ਕਾਵਿਧਾਰਾਵਾਂ ਅਤੇ ਕਵੀਆਂ ਬਾਰੇ ਗਿਆਨ ਹਾਸਿਲ ਕਰ ਸਕਣ। ਇਸ ਦਾ ਹੋਰ ਮਨੋਰਥ ਕਵਿਤਾ ਦੀ ਵਿਆਖਿਆ, ਵਿਸ਼ਲੇਸ਼ਣ ਤੇ ਮੁਲੰਕਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਤੋਂ ਜਾਣੂ ਕਰਾਉਣਾ ਵੀ ਹੈ ਤਾਂ ਕਿ ਉਹ ਸਮਕਾਲੀ ਸਮਾਜ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਸਮਝ ਸਕਣ ਅਤੇ ਆਲੋਚਨਾਤਮਕ ਦ੍ਰਿਸ਼ਟੀ ਬਣਾ ਸਕਣ।

CO2: ਗਿਆਨ ਮਾਲਾ (ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜ ਵਿਗਿਆਨਕ ਲੇਖਾਂ ਦਾ ਸੰਗ੍ਰਹਿ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨ ਗਿਆਨ ਦੇਣਾ ਹੈ।

CO3: ਪੈਰੂਾ ਰਚਨਾ ਅਤੇ ਪੈਰੂਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO4: ਧੁਨੀ ਵਿਉਂਤ ਪੜ੍ਹਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਧੁਨੀਆਂ ਦੀ ਉਚਾਰਨ ਪ੍ਰਣਾਲੀ ਤੋਂ ਵਾਕਫ਼ ਹੋਣਗੇ।

Session 2021-22

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester I
Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1421

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks: 50

Theory : 40

CA: 10

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਆਤਮ ਅਨਾਤਮ(ਕਵਿਤਾ ਭਾਗ),(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ। ਪ੍ਰੋ.ਪੂਰਨ ਸਿੰਘ, ਪ੍ਰੋ.ਮੋਹਨ ਸਿੰਘ, ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ, ਜਗਤਾਰ, ਸੁਰਜੀਤ ਪਾਤਰ(ਕਵੀ ਪਾਠ ਕ੍ਰਮ ਦਾ ਹਿੱਸਾ ਹਨ)
(, ਵਿਸ਼ਵਾਵਸਤੂ)

08 ਅੰਕ

ਯੂਨਿਟ-II

ਗਿਆਨ ਮਾਲਾ(ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜ ਵਿਗਿਆਨਕ ਲੇਖਾਂ ਦਾ ਸੰਗ੍ਰਹਿ),(ਸੰਪਾ.ਡਾ. ਸਤਿੰਦਰ ਸਿੰਘ, ਪ੍ਰੋ.ਮਹਿੰਦਰਸਿੰਘਬਨਵੈਤ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
ਲੇਖ : ਭਰੂਣ ਹੱਤਿਆ ਦੇ ਦੇਸ਼ ਵਿਚ, ਵਾਤਾਵਰਣੀ ਪ੍ਰਦੂਸ਼ਣ ਅਤੇ ਮਨੁੱਖ, ਏਡਜ਼ : ਇਕ ਗੰਭੀਰ ਸੰਕਟ।
(, ਵਿਸ਼ਾ ਵਸਤੂ)

08 ਅੰਕ

ਯੂਨਿਟ-III

() ਪੈਰਾ ਰਚਨਾ

() ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ।

08 ਅੰਕ

ਯੂਨਿਟ-IV

(ੳ)ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਪਰਿਭਾਸ਼ਾ, ਉਚਾਰਨ ਅੰਗ

(ਅ)ਸਵਰ, ਵਿਅੰਜਨ

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

Session 2021-22
Session 2021-22

**Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/
Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor
of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of
Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of
Vocation(Artificial Intelligence and Data Science)**

**Semester I
BASIC PUNJABI**

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1031

Course outcomes

CO1:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦਾ ਮੌਕਾ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ।

CO2:ਇਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਅਧਿਐਨ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO3:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਸ਼ਬਦ ਰਚਨਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO4:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ ਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO5:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲ ਕਰਨਾ ਹੈ।

CO6:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਵਿਚ ਹਫਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤੱਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ਸਿਖਾਉਣਾ ਹੈ।

Session 2021-22

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester I
BASIC PUNJABI

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1031

ਸਮਾਂ: 3 ਘੰਟੇ

Maximum Marks : 50

Theory : 40

CA : 10

ਪਾਠਕ੍ਰਮ

ਯੂਨਿਟ-I

ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤਰਾਵਾਂ (ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ) ਲਗਾਥਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ ।

08ਅੰਕ

ਯੂਨਿਟ-II

ਪੰਜਾਬੀ ਸ਼ਬਦ ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ (ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ)

08ਅੰਕ

ਯੂਨਿਟ-III

ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ।

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਹਫ਼ਤੇ ਦੇ ਸੱਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇੱਕ ਤੋਂ ਸੌ ਤੱਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ।

08ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

Session 2021-22

**Bachelor of Vocation (Textile Design & Apparel Technology) Semester-I
Punjab History and Culture (From Earliest Times to C. 320) (Special paper in lieu of Punjabi Compulsory)
(For those students who are not domicile of Punjab)**

Course Code: BVNL-1431

Course Outcomes

After completing Semester I and course on Punjab History and Culture students of History will be able to identify and have a complete grasp on the sources & writings of Ancient Indian History of Punjab.

1. Identify and describe the emergence of earliest civilizations in: Indus Valley Civilization and Aryan Societies.
2. Identify and analyses the Buddhist, Jain and Hindu faith in the Punjab
3. Analyses the emergence of Early Aryans and Later Vedic Period, their Society, Culture, Polity and Economy
4. To make students understand the concepts of two faiths Jainism and Buddhism, its principles and their application and relevance in present time

Session 2021-22

**Punjab History and Culture (From Earliest Times to C. 320) (Special paper in lieu of Punjabi Compulsory)
(For those students who are not domicile of Punjab)
Course Code: BVNL-1431**

Total Marks-50

Credit-2

Theory-40

Examination Time- 3 hours

CA-10

Instructions for the Paper Setter:

1. Question paper shall consist of four Units
2. Examiner shall set 8 questions in all by selecting **Two Questions** of equal marks from each Unit.
3. Candidates shall attempt **5 questions** in **600** words, by at least selecting **One Question** from each Unit and the **5th question** may be attempted from any of the **four Units**.
4. Each question will carry 8 marks

UNIT-I

1. Physical features of the Punjab
2. Sources of the ancient history of Punjab

UNIT-II

3. Harappan Civilization: social, economic and religious life of the Indus Valley People.
4. The Indo-Aryans: Original home

UNIT-III

5. Social, Religious and Economic life during Early Vedic Age.
6. Social, Religious and Economic life during Later Vedic Age.

UNIT-IV

7. Teachings of Buddhism
8. Teachings of Jainism

Text books Recommended:

1. L. M Joshi (ed.), *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab*, Vol.I, Patiala 1977.
3. BudhaParkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma, *Life in Northern India*, Delhi. 1966.
5. Chopra, P.N., Puri, B.N., & Das, M.N. (1974). *A Social, Cultural & Economic History of India*, Vol. I, New Delhi: Macmillan India.

Session 2021-22
COMMUNICATION SKILLS IN ENGLISH
(Theory)
**Course Code: BJML/BFDL/BHSL/BCAL/BITL/
BBTL/BACL/BOML/BOPL/BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/ BVAI/BVHL-1102**

COURSE OUTCOMES

At the end of this course, the students will develop the following Skills:

CO 1: Reading skills that will facilitate them to become an efficient reader

CO 2: The ability to realise not only language productivity but also the pleasure of being able to articulate well

CO 3: The power to analyse, interpret and infer the ideas in the text

CO 4: The ability to have a comprehensive understanding of the ideas in the text and enhance their critical thinking

CO 5: Writing skills of students which will make them proficient enough to express ideas in clear and grammatically correct English

CO 6: Ability to plan, organize and present ideas coherently on a given topic

CO 7: The skill to use an appropriate style and format in writing letters (formal and informal)

Session 2021-22

COMMUNICATION SKILLS IN ENGLISH

(Theory)

Course Code: BJML/BFDL/BHSL/BCAL/BITL/

BBTL/BACL/BOML/BOPL/BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/ BVAI/BVHL-1102

Examination Time:3Hrs

Total Marks: 50

Theory:40

CA: 10

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections. The candidate will have to attempt five questions in all selecting one from each section and the fifth question from any of the four sections. Each question will carry 8 marks.

Section-A: Two questions of theoretical nature will be set from Unit I.

Section-B: Two comprehension passages will be given to the students from Unit II.

Section-C: Two questions will be given from Unit III.

Section-D: Two questions will be set from Unit IV.

(8 x 5 = 40)

The syllabus is divided in four units as mentioned below:

Unit I

Reading Skills: Reading Tactics and strategies; Reading purposes–kinds of purposes and associated comprehension; Reading for direct meanings.

Unit II

Reading for understanding concepts, details, coherence, logical progression and meanings of phrases/ expressions.

Activities:

- Comprehension questions in multiple choice format

- Short comprehension questions based on content and development of ideas

Unit III

Writing Skills: Guidelines for effective writing; writing styles for application, personal letter, official/ business letter.

Activities

- Formatting personal and business letters.
- Organizing the details in a sequential order

Unit IV

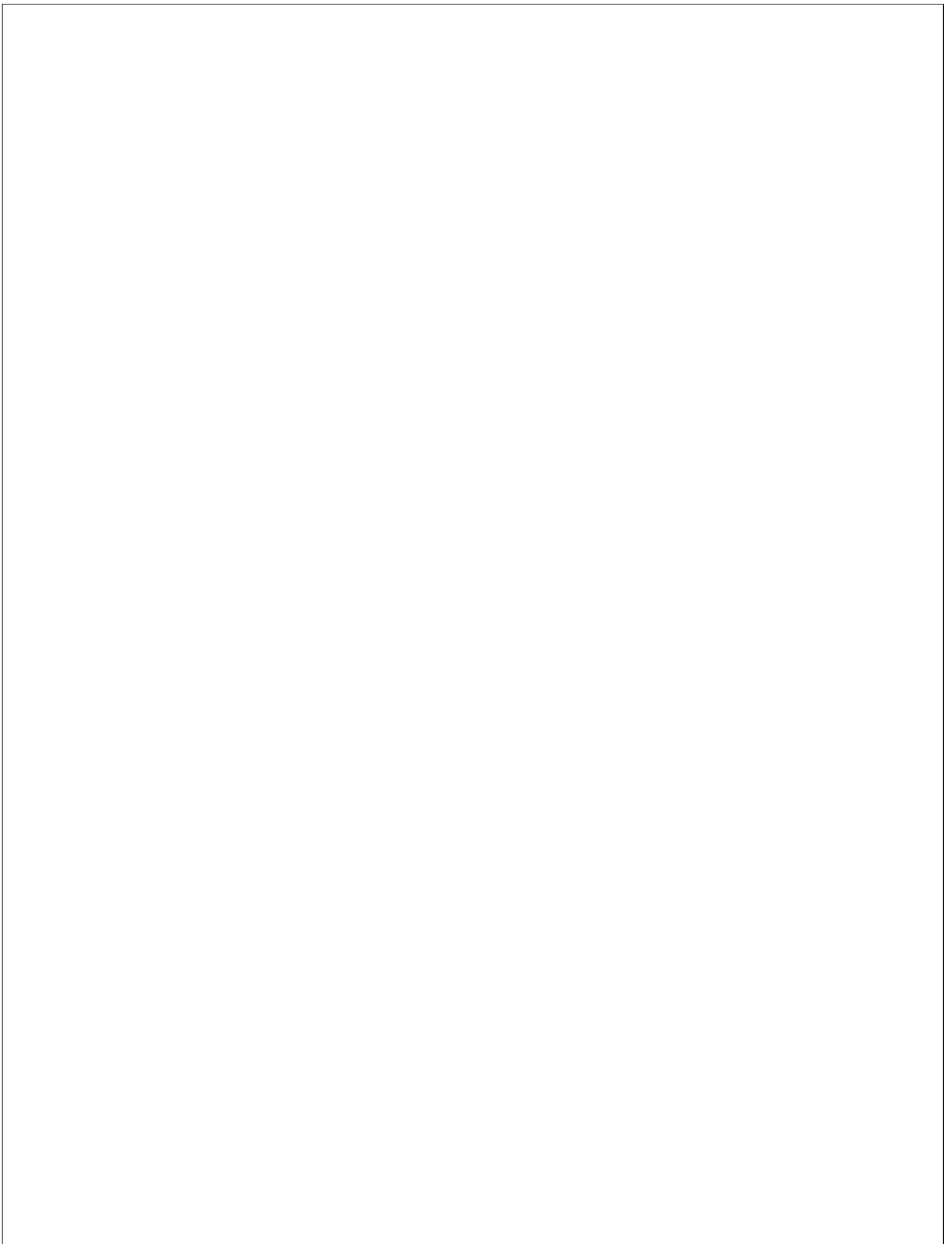
Resume, memo, notices, agenda, minutes, Tips for effective blog writing

Activities:

- Converting a biographical note into a sequenced resume or vice-versa
- Ordering and sub-dividing the contents while making notes.
- Writing notices for circulation/boards
- Writing blogs

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.
3. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education 2009.
4. *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).



Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)
(Session 2021-2022)

HOSPITAL FRONT DESK COORDINATOR SEM-I

(Theory)

COURSE CODE: BVNL-1283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO (1): Understand important functions of hospital front desk coordinator
- CO (2): Handle different categories of patients
- CO (3): Understand the concept of quality improvement process
- CO (4): Understand the importance of various types of records to maintain
- CO (5): Understand the importance of consent & and methods of obtaining consent
- CO (6): Understand the importance of medical terminology
- CO (7): Understand the management of different types of spillage and their management
- CO (8): Understand the importance of good etiquettes and communication in hospital

Bachelor of Vocation (Nutrition Exercise & Health)
(Semester– I)

(Session 2021-2022)

HOSPITAL FRONT DESK COORDINATOR -I

(Theory)

COURSE CODE: BVNL-1283

Time:3Hrs.

Max. Marks:100

L-T-P

TheoryMarks:80

4-0-0

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each
- section. The fifth question may be attempted from any Section. Each question Carry 16 marks.

Contents:

Unit – I

Introduction to functions of Hospital Front Desk Coordinator

- Functions of Hospital Front Desk Coordinator such as: Help desk management, Call center / appointment handling/ front office data management; Preventive health program management
- Basics of employee's responsibilities e.g. punctuality, discipline, integrity, grievance redressal process.
- Handling different categories of patients - paid / non-paid, emergency, VIP etc.
- Understand the basic components required for comfort of patient/carer's/visitors at health care organization
- Concept of presenting a positive personal image.
- Concept of Quality improvement process
- OPD Management: OPD timings, schedule, registration, billing etc.

Unit- II

Consent, Reporting & Documentation

- Scope of practice for hospital front desk coordinator
- Consent and discuss the methods of obtaining consent.
- Understand importance of maintaining various records & how to obtain them.
- Explain various types of records to be maintained by hospital front desk coordinator

- Essential components of various records and method of documentation.
- Special needs of vulnerable clients in the hospitals
- Visible symptoms of ill patients or patients who need immediate attention by medical team.

Unit - III

Introduction to Medical Terminology required related to front desk functioning

- Appropriate use of related medical terminology in daily activities with colleagues, patients and family
- Ability to identify medical terms
- Infection Control & Prevention
- How to identify deviation from normal health
- Understand management of different types of spillage and their management
- Understand hospital/ emergency borne infections
- Understand prevention and treatment of needle stick injury
- Understand about incident reporting
- Vaccinate against common infectious diseases: immunization to reduce the health risks for self, patients.

Unit -IV

Professional Behaviour at work settings

- Factors to establish and maintain peaceful environment
- Specific etiquettes to be observed while working
- Importance of organizational hierarchy and reporting
- Understand the legal and ethical issues
- Importance of conservation of resources
- Importance of promoting and demonstrating good practice at work
- Importance of individuals or team compliance with legislation, protocols and guidelines and organisational systems and requirements
- Reporting and minimising the risk
- When to seek support from others

Reference Books:

1. Nutrition and child development by Dr. Rajwinder K. Randhawa.
2. Nutrition & Dietetics by K. Med. Khanna.
3. Therapeutic Nutrition by B. Srilakshmi.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)
(Session: 2021-2022)

BASIC FOODS AND NUTRITION

(THEORY)

COURSE CODE: BVNL- 1284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To gain basic knowledge of nutrients.

CO2:- To gain knowledge about food preparation.

CO3:- To develop knowledge about carbohydrates, proteins, fat.

CO4:- To develop the knowledge of different food preparation methods.

CO5:- To develop the knowledge of food as source of energy and determine basal metabolism rate

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)

BASIC FOOD AND NUTRITION

COURSE CODE: BVNL- 1284

(Session: 2021-2022)

Time:3Hrs.

Max.Marks:50

TheoryMarks:40

L-T-P

CA:10

4-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each question Carry 12 marks.

(Theory)

Course Contents:

UNIT-I

Introduction to nutrition- Food as a source of nutrients, functions of food, definition of Nutrition, nutrients, adequate, optimum and good nutrition, malnutrition.

Classification of food.

Importance and functions of food.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester-I)

UNIT-II
Food Preparation

Basic terminology used in Cooking.

Different methods of cooking - Dry heat, moist heat, frying and microwave cooking. Effect of cooking on nutritive value of food.

UNIT-III

Carbohydrates - Composition, classification, functions, food sources, requirement, deficiencies. Fats and Oils- Composition, Classification, Saturated, Unsaturated fatty acids, food sources, Functions, requirement and deficiencies. Role of fiber in food
Protein - Composition, Classification, Essential and Non- essential amino acids, food Sources, functions, deficiencies.

UNIT-IV

Energy- Unit of energy, food as a source of energy, energy value of food, the body need of energy. Factors affecting energy requirement

2. Determination of energy value of foods using calorimeter
3. Specific Dynamic action
4. Basal Metabolism
5. Determination of basal metabolism
6. Factors affecting the BMR

Reference Books:

1. Nutrition and child development by Dr. Rajwinder K. Randhawa.
2. Nutrition & Dietetics by K. Med. Khanna.
3. Therapeutic Nutrition by B. Srilakshmi.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)

(Session 2021-2022)

INTRODUCTION TO PSYCHOLOGY

(Theory)

COURSE CODE: BVNM-1285

COURSE OUTCOMES

- Upon Completion of this Course the student should be able to
- CO (1) – To enable them to understand the personality of an individual
- CO (2) – To gain knowledge about attention and intelligence of an individual
- CO (3) – To understand the emotions of an individual.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)

INTRODUCTION TO PSYCHOLOGY

COURSE CODE: BVNM-1285

(Session 2021-2022)

Time:3Hrs.

Max.Marks:100

TheoryMarks:60

L-T-P

PracticalMarks:20

2-0-2

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set; two in each of the four Sections (A- D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each question Carry12marks.

(Theory)

UNIT-I

Psychology related concept

Definition of Psychology

Nature of Psychology

Scope of Psychology

Definition of Child psychology

Attention

Meaning of attention, span of attention, distraction in-attention.

Nature of attention.

Factors affecting attention.

Unit-II

Memory

Definition

Aspects of Memory

Factors affecting memory and improvement in memory.

Forgetting and its causes.

Unit-III

Learning and Motivation

Meaning, nature and types of learning.

Bachelor of Education (Nutrition Exercise & Health) (Semester-I)

Primary and secondary education

Role of Motivation in learning

Factors affecting learning.

Unit-IV

Theories related to different development of human lifeSpan.

Cognitive theory- Jean Piaget.

Psycho-Sexual theory – Sigmund Freud

Psycho-Social theory –Erick-Erickson.

Hierarchy of Needs–Maslow.

Reference Books:

Brooks, Flower, D & Shaffer, Laurence F child Psychology".

Developmental Psychology, by Elizabeth B Hurlock.

Child Development and personality by Mussen Conger, Kogan.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)
(Session 2021-2022)

INTRODUCTION TO PSYCHOLOGY

(Practical)

COURSE CODE:BVNM-1285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO (1) – to enable them to understand the personality of an individual

CO (2) – To gain knowledge about attention and intelligence of an individual

CO (3) – To understand the emotions of an individual

Bachelor of Vocation (Nutrition Exercise & Health)
(Semester– I)

(Session 2021-2022)

**Introduction to Psychology
(Practical)**

COURSE CODE: BVNM-1285

Time:3Hrs.

Marks:20

Note: Paper will be set on the spot by the examiner

Course Contents:

- EPQ
- Maze learning
- Division of attention
- Verbal test of attention.

Bachelor of Vocation
(Nutrition Exercise & Health) (Semester-I)
Basics of Computer - I
Course code: BVNM- 1126

Course Outcomes:

After successful completion of this course, students will be able to:

- CO1: use Microsoft Word to prepare documents required for routine office work
- CO2: edit, format, spell-check save and print documents as required on routine basis.

Bachelor of Vocation (Nutrition Exercise & Health)
(Semester– I)
(Session 2021-2022)

Basics of Computer - I
Course code: BVNM- 1126

Time: 3Hours
L-T-P:1-0-1

Maximum Marks:50
Theory:25,
Practical:15
CA- 10

Instructions for the Paper Setter

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section

Course Contents

UNIT –I

Introduction to Computer, Data Processing.

UNIT-II

Concept of data and information

UNIT-III

Introduction of Computer hardware and software

UNIT-IV

Introduction to MS- Word- General- Formatting, Editing, Spell-Grammar check, Printing and saving, Mail Merge.

(Practical)

Instruction to the Practical Examiner: Paper will be set on the spot by the examiner.

Course Contents:

MS-Word: Formatting, Editing, Spell Grammar Check, Printing and Saving, Mail-Merge.

Books Recommended:

2. Windows Based Computer Courses, Rachhpal Singh &GurvinderSingh.
3. Information Technology, Hardeep Singh &AnshumanSharma.
4. Office Complete, BPBPublications.

Bachelor of Vocation (Nutrition Exercise & Health)

(Semester– I)

(Session: 2021-2022)

YOGA AND BODYFITNESS

(Practical)

COURSE CODE:BVNP-1287

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO (1):- To demonstrate different asan to the students.

CO (2):- Enable the students to have a proper knowledge about the benefits of posture of different asan.

CO (3):- To make them understand the use of exercise in daily life.

Bachelor of Vocation Nutrition Exercise & Health (Semester– I)

YOGA AND BODY FITNESS

(Practical)

COURSE CODE: BVNP -1287

(Session 2021-2022)

Time:3Hrs.

Max.Marks:100

PracticalMarks:80

L-T-P

CA:20

0-0-6

Note: Paper will be set on the spot by the examiner

Course Contents:

- Eight limbs of ashtang yoga: Yama, Niyama, Asanas, Pranayam, Pratyahara, Dharna, Dhyana, Samadhi.
- Surya Namaskar: Guiding principles of Surya Namaskar.
- Meditative asana: Sukh Asana, Vajar Asana, Sidha Asana, Padam Asana
- Relaxative asana: Shav Asana, Makkar Asana
- Culture asana: Tad Asana, Trik Tad, ArdhChakkar, KattiChakkar, Trikon, Janushir, Kon Asana, Manduk, Ushtar, Bhujang, Shalb, Uttanpad, Pawanmukt, Makkar, Setubandh.
- Meditations: Mindful, Cyclic, Awareness of breathe
- Pranayam :Bhastrika, Kapalbhati, Anulom Vilom,
- Bhramari, Udgeet Techniques of Bhandhas: Mool, Uddiyan, Jalandhar
- Shudi kriyas: Jal neti, Sutra neti, Tratak.
 - Role of macronutrients in different types of exercise

Reference Books:

1. Yoga Asana by A. G. Mohan & Indra Mohan.

Bachelor of Vocation(Nutrition Exercise & Health) (Semester– I)

(Session 2021-2022)

BASIC FOODS AND NUTRITION

(Practical)

COURSE CODE: BVNP- 1288

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

Co (1) – To identify the different food stuff, weight and measures and cooking.

CO (2) – To distinguish between different types of cooking methods.

CO (3) – To develop the knowledge about cleaning of kitchen equipment's, utensils, floor and cupboard.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– I)

(Session: 2021-2022)

Basic Food & Nutrition

(Practical)

COURSE CODE: BVNP-1288

Time:3Hrs.

Max.Marks:50

Practical Marks:40

CA:10

Note: Paper will be set on the spot by the examiner

Course Contents:

- 1) Identification of different food stuffs, weight and measures and cooking terms.
- 2) Beverage- e.g., Hot and cold (Tea, Coffee, fruit and milk based, beverage) etc.
- 3) Prepare 5 dishes using following methods
 - (a) Boiling: Pulses, rice, soups, deserts, etc.
 - (b) Shallow Frying: Pancakes, snacks, etc.
 - (c) Deep Frying: Sweet and savory snacks, main dishes, etc.
 - (d) Fermenting and Steaming: Idli, dosa, dhokla, etc.

Bachelor of Vocation Nutrition Exercise and Health (Semester – I)

Session-2021-22

B.Voc (RM, MSP, Animation, TDAT, NEH)

**Drug Abuse: Problem, Management and Prevention
(Compulsory)**

(Theory)

Course Code - AECD-1161

Time:3Hrs

Credit:2

Total Marks:50

Theory:40

CA:10

Instructions for the Paper Setter

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-1

- 1) Meaning of Drug Abuse:** Concept and Overview, Historical Perspective of Drug Abuse, Drug Dependence, Drug Addiction, Physical and Psychological Dependence: Drug Tolerance and withdrawal symptoms.

UNIT-II

2) Types of Abused Drugs and their Effects-I

- 1) Stimulants: Amphetamines – Benzedrine, Dexedrine, Cocaine.
- 2) Depressants: Alcohol Barbiturates: Nembutal, Seconal, Phenobarbital and Rohypnol.
- 3) Narcotics: Heroin, Morphine, Oxycodone

UNIT III

3) Types of abused drugs and their effects -II

- 1) Hallucinogens: Cannabis, Marijuana, Hashish, Hash Oil, MDMA, LSD.
- 2) Steroids.

UNIT-IV

- 4) Nature and Extent of the Problem:** Magnitude or prevalence of the menace of Drug Abuse in India and Punjab, Vulnerable groups by age, gender and economic status, Signs and Symptoms of Drug Abuse: Physical, Academic, Behavioural and Psychological Indicators

References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
6. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
7. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
8. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
9. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
10. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press

FOUNDATION PROGRAMME

Course Title: Foundation Programme

Course Duration: 30 hours

Course intended for: Semester I students of undergraduate degree programmes of all streams.

Course Credits: 1

Course Code: SECF-1492

PURPOSE & AIM

This course has been designed to strengthen the intellectual foundation of all the new entrants in the college. One of the most common factors found in the students seeking admission in college after high school is the lack of an overall view of human history, knowledge of global issues, peaks of human intellect, social/political benchmarks and inventors & discoverers who have impacted human life. For a student, the process of transformation from school to college is full of apprehension and intimidation of the system. The Foundation Programme intends to bridge the gap between high school and college education and develop an intellectual readiness and base for acquiring higher education.

INSTRUCTIONAL OBJECTIVES

- to enable the students to realise their position in the whole saga of time and space
- to inculcate in them an appreciation of life, cultures and people across the globe
- to promote, in the students, an awareness of human intellectual history
- to make them responsible and humane world citizens so that they can carry forward the rich legacy of humanity

CURRICULUM

MODULE	TITLE	CONTACT HOURS
I	Introduction & Initial Assessment	2
II	The Human Story	3
III	<i>The Vedas, The Gita</i> & Eastern Philosophy	2.5
IV	<i>The Holy Bible</i> & Genesis	2.5
V	Woman: A Journey through the Ages	2.5
VI	Changing Paradigms in Society, Religion & Literature	2.5
VII	Makers of Modern India	2.5
VIII	Racism & Martin Luther King Jr.	2.5

IX	Modern World at a Glance: Political & Economic Perspective	2.5
X	Technology & Human Life	2.5
XI	The KMV Experience	2.5
XII	Final Assessment, Feedback & Closure	2.5

EXAMINATION

- **Total Marks: 25 (Final Exam: 20; Internal Assessment: 5)**
- Final Exam: multiple choice quiz. Marks – 20; Time: 1 hour
- Internal Assessment: 5 (Assessment: 3; Attendance:2)
Comparative assessment questions (medium length) in the beginning and close of the programme.
Marks: 3; Time: 0.5 hour each at the beginning and end.
- Total marks: 25 converted to grade for final result
- Grading system: 90% marks & above: A grade
80% - 89% marks : B grade
70% - 79% marks : C grade
60% - 69% marks : D grade
50% - 59% marks : E grade
Below 50% marks : F grade (Fail - must give the exam again)

SYLLABUS

Module I Being a Human: Introduction & Initial Assessment

- Introduction to the programme
- Initial Assessment of the students through written answers to a couple of questions

Module 2 The Human Story

- Comprehensive overview of human intellectual growth right from the birth of human history
- The wisdom of the Ancients
- Dark Middle Ages
- Revolutionary Renaissance
- Progressive modern times
- Most momentous turning points, inventions and discoveries

Module 3 *The Vedas, The Gita* & The Indian Philosophy

- Origin, teachings and significance of *The Vedas*
- Upanishads and Puranas
- Karma Theory of *The Bhagwad Gita*
- Main tenets of Buddhism & Jainism
- Teachings of Guru Granth Sahib

Module 4 *The Holy Bible* & Genesis

- Book of Genesis: Creation and Fall
- Noah's Ark
- Moses & The Ten Commandments

- Christ and His teachings
- Christianity and the world

Module 5 Changing Paradigms in Society, Religion & Literature

- Renaissance: The Age of Rebirth
- Transformation in human thought
- Importance of humanism
- Geocentricism to heliocentricism
- Copernicus, Galileo, Columbus, Darwin and Saint Joan
- Empathy and Compassion

Module 6 Woman: A Journey through the Ages

- Status of women in pre-vedic times
- Women in ancient Greek and Roman civilizations
- Women in vedic and ancient India
- Status of women in the Muslim world
- Women in the modern world
- Crimes against women
- Women labour workforce participation
- Women in politics
- Status of women- our dream

Module 7 Makers of Modern India

- Early engagement of foreigners with India
- Education: The first step to modernization
- Railways: The lifeline of India
- Raja Ram Mohan Roy, Gandhi, Nehru, Vivekanand, Sardar Patel etc.
- Indira Gandhi, Mother Teresa, Homai Vyarawala etc.
- The Way Ahead

Module 8 Racism: Story of the West

- European beginnings of racism
- Racism in the USA - Jim Crow Laws
- Martin Luther King Jr. and the battle against racism
- Apartheid and Nelson Mandela
- Changing face of racism in the modern world

Module 9 Modern World at A Glance: Political & Economic Perspective

- Changing world order
- World War I & II
- UNO and The Commonwealth
- Nuclear Powers; Terrorism
- Economic Scenario: IMF, World Bank
- International Regional Economic Integration

Module 10 Technology and Human Life

- Impact of technology on modern life
- Technological gadgets and their role in our lives
- Technology and environment
- Consumerism and materialism
- Psychological and emotional consequences of technology
- Harmonising technology with ethics and humaneness

Module 11 The KMV Experience

- Historical Legacy of KMV
- Pioneering role in women emancipation and empowerment
- KMV Contribution in the Indian Freedom Struggle
- Moral, cultural and intellectual heritage of KMV
- Landmark achievements
- Innovative initiatives; international endeavours
- Vision, mission and focus
- Conduct guidelines for students

Module 12 Final Assessment, Feedback & Closure

- Final multiple choice quiz
- Assessment through the same questions asked in the beginning
- Feedback about the programme from the students
- Closure of the programme

PRESCRIBED READING

- *The Human Story* published by Dawn Publications

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME

Bachelor of Vocation (Nutrition, Exercise & Health)

(Session 2021-2022)

(Credit Based Continuous Evaluation Grading System)

Semester II

Course code	Course type	Course Titles	Credits L-T-P	Max Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 2421/ BVNL- 2031/ BVNL-2431	C	Punjabi Compulsory/ ¹ Basic Punjabi/ ² Punjab History and Culture	2-0-0	50	40	-	10	3
BVNM- 2102	C	Communication Skills in English	2-0-2	50	25	15	10	3+3
BVNL- 2283	S	Diabetes Education- I	4-0-0	100	80	-	20	3
BVNL- 2284	S	Role of Diet Assistant	4-0-0	100	80	-	20	3
BVNL-2285	S	Hospital Front Desk Coordinator -II	4-0-0	100	80	-	20	3
BVNL- 2286	S	Advance Nutrition	4-0-0	100	80	-	20	3
BVNP- 2287	S	Advance Nutrition (Practical)	0-0-2	50	-	40	10	3
BVNP - 2288	C	Entrepreneurial Development (Practical)	0-0-2	50	-	40	10	3
AECD-2161	C	*Drug abuse: Problem, Management and Prevention (Compulsory)	2-0-0	50	40	-	10	3
SECM-2502	C	*Moral Education	2-0-0	25	20	-	5	1
Total			30	600				

1. Special Paper in lieu of Punjabi (Compulsory)

2. Special Paper in lieu of Punjabi (Compulsory) (For those students who are not domicile of Punjab).
C- Compulsory S- SkillEnhancement
- *Grade points and grades of these courses will not be included in SGPA/CGPA of semester programme.

Session 2021-22

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester II

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL -2421

COURSE OUTCOMES

CO1:ਆਤਮ ਅਨਾਤਮ ਪੁਸਤਕ ਦੇ ਕਹਾਣੀ ਭਾਗ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਲ ਕਰ ਕੇ

ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਹਾਣੀ ਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਕਹਾਣੀ ਜਗਤ ਨਾਲ ਜੋੜਣਾ ਹੈ।

CO2:ਗਿਆਨ ਮਾਲਾ ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ।

CO3:ਸੰਖੇਪ ਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਮੇਂ ਅਤੇ ਮਿਹਨਤ ਦੀ ਬੱਚਤ ਕਰਨ ਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO4:ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ -ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

CO5:ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester II

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL -2421

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks : 50

Theory : 40

CA : 10

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਆਤਮ ਅਨਾਤਮ(ਕਹਾਣੀ ਭਾਗ),(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

ਪਠਾਣ ਦੀ ਧੀ, ਉਜਾੜ, ਮਾੜਾਬੰਦਾ, ਘੋਟਣਾ, ਦਲਦਲ(ਕਹਾਣੀਆਂ ਪਾਠਕ੍ਰਮ ਦਾ ਹਿੱਸਾ ਹਨ)

(- , ਸਾਰ)

08 ਅੰਕ

ਯੂਨਿਟ-II

ਗਿਆਨਮਾਲਾ (ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜ ਵਿਗਿਆਨਕ ਲੇਖਾਂ ਦਾ ਸੰਗ੍ਰਹਿ)(ਸੰਪ.ਡਾ. ਸਤਿੰਦਰ ਸਿੰਘ, ਪ੍ਰੋ.ਮਹਿੰਦਰ ਸਿੰਘ ਬਨਵੈਤ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ, 2007

ਲੇਖ:ਸਾਹਿਤ ਤੇ ਲੋਕ ਸਾਹਿਤ, ਅੱਖਾਂ, ਕੰਪਿਊਟਰ ਅਤੇ ਇੰਟਰਨੈੱਟ।(ਪਾਠਕ੍ਰਮ ਦਾ ਹਿੱਸਾ ਹਨ)

(- , ਸਾਰ)

08 ਅੰਕ

ਯੂਨਿਟ-III

(ੳ) ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ

(ਅ) ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ: ਕਿਰਿਆ ਵਿਸ਼ੇਸ਼ਣ, ਸੰਬੰਧਕ, ਯੋਜਕ, ਵਿਸਮਿਕ

08 ਅੰਕ

ਯੂਨਿਟ-IV

() ਸੰਖੇਪ ਰਚਨਾ

() ਮੁਹਾਵਰੇ

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

Session 2021-22

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester II

BASIC PUNJABI

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-2031

Course outcomes

CO1: ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦੇ ਮੌਕੇ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ। ਇਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਅਧਿਐਨ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO2: ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਸ਼ਬਦ ਰਚਨਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO3: ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ-ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

CO4: ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲ ਕਰਨਾ ਹੈ।

CO5: ਵਿਦਿਆਰਥੀ ਵਾਕ ਦੀ ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਇਸ ਦੀ ਬਣਤਰ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ ਅਤੇ ਭਾਸ਼ਾ ਤੇ ਪਕੜ ਮਜ਼ਬੂਤ ਹੋਵੇਗੀ।

CO6: ਪੈਰਾ ਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨ੍ਹਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO7: ਸੰਖੇਪ ਰਚਨਾ ਕਰਨ ਨਾਲ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਗੱਲ ਨੂੰ ਸੰਖੇਪ ਵਿਚ ਕਹਿਣ ਦੀ ਜਾਚ ਸਿੱਖਣਗੇ ਅਤੇ ਇਹ ਦਿਮਾਗੀ ਕਸਰਤ ਵਿਚ ਸਹਾਈ ਹੋਵੇਗੀ।

CO8: ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ ਚਿੱਠੀ ਪੱਤਰ ਲਿਖਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਕਲਾ ਵਿਚ ਨਿਪੁੰਨ ਕਰਨਾ ਹੈ।

CO9: ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

Session 2021-22

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/
Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/
Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/
Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/
Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester II

BASIC PUNJABI(In lieu of Compulsory Punjabi)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL -2031

ਸਮਾਂ 3 ਘੰਟੇ

Maximum Marks : 50

Theory : 40

CA : 10

ਪਾਠਕ੍ਰਮ

ਯੂਨਿਟ-I

ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ (ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਅਤੇ ਵਿਸਮਿਕ)

08 ਅੰਕ

ਯੂਨਿਟ-II

ਪੰਜਾਬੀਵਾਕਬਣਤਰ : ਮੁੱਢਲੀਜਾਣਪਛਾਣ

(ੳ) ਸਾਧਾਰਨਵਾਕ, ਸੰਯੁਕਤਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

(ਅ) ਬਿਆਨੀਆਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕਵਾਕ ਅਤੇ ਹੁਕਮੀਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

08 ਅੰਕ

ਯੂਨਿਟ-III

ਪੈਰਾ ਰਚਨਾ

ਅਖਾਣ (ਅਖਾਣਾਂ ਦੀ ਲਿਸਟ ਨਾਲ ਨੱਥੀ ਹੈ)

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਚਿੱਠੀ ਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)

ਮੁਹਾਵਰੇ (ਮੁਹਾਵਰਿਆਂ ਦੀ ਲਿਸਟ ਨਾਲ ਨੱਥੀ ਹੈ)

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ। ਹੈ।

ਅਖਾਣ

ਉਦਮ ਅੱਗੇ ਲੱਛਮੀ ਪੱਖੇ ਅੱਗੇ ਪੌਣ , ਉਹ ਦਿਨ ਡੁੱਬਾ ਜਦੋਂ ਘੋੜੀ ਚੜ੍ਹਿਆ ਕੁੱਬਾ , ਉੱਚੀ ਦੁਕਾਨ ਫਿੱਕਾ ਪਕਵਾਨ , ਉਲਟੀ ਵਾੜ ਖੇਤ ਨੂੰ ਖਾਏ , ਉੱਚਾ ਲੰਮਾ ਗੱਭਰੂ ਪੱਲੇ ਠੀਕਰੀਆਂ , ਅੱਖੀਂ ਵੇਖ ਕੇ ਮੱਖੀ ਨਹੀਂ ਨਿਗਲੀ ਜਾਂਦੀ , ਅੰਦਰ ਹੋਵੇ ਸੱਚ ਤਾਂ ਕੋਠੇ ਚੜ੍ਹ ਕੇ ਨੱਚ , ਆਪੇ ਮੈਂ ਰੱਜੀ ਪੁੱਜੀ ਆਪੇ ਮੇਰੇ ਬੱਚੇ ਜਿਉਣ , ਆਪ ਕੁਚੱਜੀ ਵਿਹੜੇ ਨੂੰ ਦੇਸ਼ , ਅੰਨ੍ਹਾ ਵੰਡੇ ਰਿਉੜੀਆਂ ਮੁੜ ਮੁੜ ਆਪਣਿਆਂ ਨੂੰ , ਅਕਲ ਵੱਡੀ ਕੇ ਮੱਝ , ਅੰਨ੍ਹਿਆਂ ਵਿੱਚ ਕਾਣਾ ਰਾਜਾ , ਆਪਣੀ ਪੀੜ੍ਹੀ ਹੇਠ ਸੇਟਾ ਫੇਰਨਾ , ਇਕ ਅਨਾਰ ਸੌ ਬਿਮਾਰ , ਇਕ ਹੱਥ ਨਾਲ ਤਾੜੀ ਨਹੀਂ ਵੱਜਦੀ , ਇੱਕ ਚੁੱਪ ਸੌ ਸੁੱਖ ਝੱਟ ਮੰਗਣੀ ਪੱਟ ਵਿਆਹ , ਸਹਿਜ ਪੱਕੇ ਸੇ ਮੀਠਾ ਹੋਵੇ ਦਾਲ ਵਿੱਚ ਕਾਲਾ ਹੋਣਾ , ਦਾਲ ਵਿੱਚ ਕਾਲਾ ਹੋਣਾ , ਸੱਦੀ ਨਾ ਬੁਲਾਈ ਮੈਂ ਲਾੜੇ ਦੀ ਤਾਈਂ , ਸਵੈ ਭਰੋਸਾ ਵੱਡਾ ਤੇਸਾ , ਸੌ ਦਿਨ ਚੋਰ ਦੇ ਇਕ ਦਿਨ ਸਾਧ ਦਾ , ਸੱਪ ਦਾ ਬੱਚਾ ਸਪੇਲੀਆ , ਸੱਪ ਮਰ ਜਾਵੇ ਲਾਠੀ ਵੀ ਨਾ ਟੁੱਟੇ , ਸਾਈਆਂ ਕਿਤੇ ਵਧਾਈਆਂ ਕਿਤੇ , ਹੰਕਾਰਿਆ ਸੇ ਮਾਰਿਆ , ਹਾਥੀ ਲੰਘ ਗਿਆ ਪੂਛ ਰਹਿ ਗਈ , ਕੁੱਛ V ਕੁVh ਸ਼ਹਿਰ ਢੰਡੇਰਾ , ਕੋਲਿਆਂ ਦੀ ਦਲਾਲੀ ਵਿੱਚ ਮੂੰਹ ਕਾਲਾ , ਕਰੇ ਕੋਈ ਭਰੇ ਕੋਈ , ਕਰ ਮਜ਼ੂਰੀ ਤੇ ਖਾਹ ਚੂਰੀ , ਖਵਾਜੇ ਦਾ ਗਵਾਹ ਡੱਡੂ , ਖੇਤੀ ਖਸਮਾਂ ਸੇਤੀ , ਖੂਹ ਪੁੱਟਦੇ ਨੂੰ ਖਾਤਾ ਤਿਆਰ , ਘਰ ਦਾ ਭੇਤੀ ਲੰਕਾ ਢਾਹੇ , ਘਰ ਦੀ ਕੁੱਕੜੀ ਦਾਲ ਬਰਾਬਰ , ਚਿੰਤਾ ਚਿਖਾ ਬਰਾਬਰ , ਛੱਜ ਤਾਂ ਬੋਲੇ ਛਾਣਨੀ ਵੀ ਬੋਲੇ , ਛੋਟੀ ਮੂੰਹ ਵੱਡੀ ਗੱਲ , ਜਾਂਦੇ ਚੋਰ ਦੀ ਲੰਗੋਟੀ ਹੀ ਸਹੀ , ਜਿਸ ਦੀ ਕੋਠੀ ਦਾਣੇ ਉਹਦੇ ਕਮਲੇ ਵੀ ਸਿਆਣੇ , ਜਿਹੜੇ ਗੱਜਦੇ ਨੇ ਉਹ ਵਰ੍ਹਦੇ ਨਹੀਂ , ਜਾਤ ਦੀ ਕੇਹੜ ਕਿਰਲੀ ਸ਼ਤੀਰਾਂ ਨੂੰ ਜੱਠੇ , ਝੱਟ ਮੰਗਣੀ ਪੱਟ ਵਿਆਹ , ਦਾਲ ਵਿੱਚ ਕਾਲਾ ਹੋਣਾ , ਦਾਣੇ ਦਾਣੇ ਤੇ ਮੋਰ , ਨਾਲੇ ਚੋਰ ਨਾਲੇ ਚਤਰ , ਪੇਟ ਨਾ ਪਈਆਂ ਰੋਟੀਆਂ ਸਭੇ ਗੱਲਾਂ ਖੇਟੀਆਂ , ਬਿਨਾਂ ਰੋਇਆਂ ਮਾਂ ਵੀ ਦੁੱਧ ਨਹੀਂ ਦਿੰਦੀ , ਬੁੱਢੀ ਘੋੜੀ ਲਾਲ ਲਗਾਮ , ਭੱਜਦਿਆਂ ਨੂੰ ਵਾਹਣ ਇੱਕੋ ਜਿਹੇ , ਭੱਜੀਆਂ ਬਾਹਾਂ ਗਲ ਨੂੰ ਆਉਂਦੀਆਂ ਨੇ , ਰਾਹ ਪਿਆ ਜਾਣੀਏਂ ਜਾਂ ਵਾਹ ਪਿਆ ਜਾਣੀਏ , ਰਾਈ ਦਾ ਪਹਾੜ ਬਣਾਉਣਾ , ਰੱਸੀ ਸੜ ਗਈ ਵੱਟ ਨੂੰ ਗਿਆ

ਮੁਹਾਵਰੇ

ਉਸਤਾਦੀ ਕਰਨੀ, ਉਂਗਲ ਕਰਨੀ, ਉੱਲੂ ਬਣਾਉਣਾ, ਉੱਚਾ ਸਾਹ ਨਾ ਕੱਢਣਾ, ਉੱਡਦੇ ਫਿਰਨਾ, ਉੱਘ ਸੁੱਘ ਮਿਲਣੀ, ਅੱਖਾਂ ਵਿਚ ਰੜਕਣਾ, ਅੱਗ ਲਾਉਣਾ, ਆਵਾ ਉਤ ਜਾਣਾ, ਅਸਮਾਨ ਨੂੰ ਟਾਕੀਆਂ ਲਾਉਣਾ, ਅੱਖਾਂ ਵਿੱਚ ਲਾਲੀ ਉਤਰਨੀ, ਅਕਲ ਤੇ ਪਰਦਾ ਪੈਣਾ, ਈਨ ਮੰਨਣੀ, ਈਦ ਦਾ ਚੰਨ ਹੋਣਾ, ਇੱਟ ਨਾਲ ਇੱਟ ਖੜਕਾਉਣ, ਸਿਰ ਫਿਰਨਾ, ਸਿਰ ਤੇ ਚੜ੍ਹਨਾ, ਸਬਰ ਦਾ ਘੁੱਟ ਭਰਨਾ, ਸਿਰ ਪੈਰ ਨਾ ਹੋਣਾ, ਹੱਥ ਧੋ ਕੇ ਪਿੱਛੇ ਪੈਣਾ, ਹੱਥੀ ਛਾਂਵਾਂ ਕਰਨੀਆਂ, ਹੱਥ ਭੰਨਣੇ, ਹੱਥ ਤੰਗ ਹੋਣਾ, ਹੱਥ ਮਲਣਾ, ਹੱਥ ਪੈਰ ਮਾਰਨਾ, ਕੰਨੀ ਕਤਰਾਉਣਾ, ਕੰਨ ਤੇ ਜੂੰ ਨਾ ਸਰਕਣਾ, ਕੰਨ ਘੋਸਲ ਮਾਰਨੀ, ਖਾਨਾ ਖਰਾਬ ਹੋਣਾ, ਖਾਨਿਓ ਜਾਣਾ, ਗੁੱਡੀ ਚੜ੍ਹਨੀ, ਗਲ ਪੈਣਾ, ਗੰਗਾ ਨਹਾਉਣਾ, ਚੜ੍ਹ ਮੱਚਣੀ, ਚੰਦ ਚਾੜ੍ਹਨਾ, ਚਾਦਰ ਵੇਖ ਕੇ ਪੈਰ ਪਸਾਰਨਾ, ਚਕਮਾ ਦੇਣਾ, ਛੱਕੋ ਛੜਾਉਣਾ, ਛਾਪਾ ਮਾਰਨਾ, ਛਿੱਲ ਲਾਉਣੀ, ਛਿੱਕੋ ਟੰਗਣਾ, ਜਾਨ ਤੇ ਖੇਡਣਾ, ਜ਼ੁਬਾਨ ਕਰਨੀ, ਜਾਨ ਮਾਰਨਾ, ਜੰਗਲ ਵਿੱਚ ਮੰਗਲ ਹੋਣਾ, ਝੋਲੀ ਚੁੱਕਣਾ, ਝੱਟ ਟਪਾਉਣਾ, ਟੱਸ ਤੋਂ ਮੱਸ ਨਾ ਹੋਣਾ, ਟੰਗ ਅੜਾਉਣੀ, ਟਰ ਟਰ ਕਰਨਾ, ਟੇਢੀ ਖੀਰ, ਟਕੇ ਵਰਗਾ ਜਵਾਬ ਦੇਣਾ, ਠੰਡੇ ਸਾਹ ਭਰਨਾ, ਠੁੰਗਾ ਮਾਰਨਾ, ਠੂਠਾ ਫੜਨਾ, ਠਣ ਠਣ ਗੋਪਾਲ, ਡਕਾਰ ਜਾਣਾ, ਡੁੱਬ ਮਰਨਾ, ਡੰਡੇ ਵਜਾਉਣਾ, ਢਿੱਡ ਵਿੱਚ ਰੱਖਣਾ, ਢਿੱਡ ਵਿੱਚ ਚੂਹੇ ਨੱਚਣਾ, ਢਿੱਡੀ ਪੀੜਾਂ ਪੈਣੀਆਂ, ਢੇਰੀ ਢਾਹੁਣਾ, ਤੱਤੀ ਵਾ ਨਾ ਲੱਗਣੀ, ਤਰਲੇ ਲੈਣਾ, ਤੀਲੀ ਲਾਉਣੀ, ਤਾਰੇ ਤੋੜਨਾ, ਤਾੜੀ ਲਾਉਣੀ, ਬੁੱਕੀ ਵੜੇ ਪਕਾਉਣਾ, ਥਰ ਥਰ ਕੰਬਣਾ, ਦਮ ਲੈਣਾ, ਦਿਲ ਖੱਟਾ ਹੋਣਾ, ਦੰਦ ਖੱਟੇ ਕਰਨੇ, ਦੀਵਾ ਗੁੱਲ ਕਰਨਾ, ਧੁੱਪ ਵਿੱਚ ਵਾਲ ਚਿੱਟੇ ਹੋਣਾ, ਧਰਮ ਨਿਭਾਉਣਾ, ਧੱਕਾ ਲੱਗਣਾ, ਧਰਨਾ ਮਾਰਨਾ, ਧੁੰਮਾਂ ਪੈ ਜਾਣੀਆਂ, ਧੱਜੀਆਂ ਉਡਾਉਣੀਆਂ, ਨਹੁੰ ਮਾਸ ਦਾ ਰਿਸ਼ਤਾ, ਨੱਕ ਚਾੜ੍ਹਨਾ, ਨੱਕ ਰੱਖਣਾ, ਨੱਕ ਉੱਤੇ ਮੱਖੀ ਨਾ ਬਹਿਣ ਦੇਣਾ, ਨਜ਼ਰ ਸਵੱਲੀ ਹੋਣੀ, ਪੱਟੀ ਪੜਾਉਣੀ, ਪਾਰਾ ਚੜ੍ਹ ਜਾਣਾ, ਪੈਰ ਜ਼ਮੀਨ ਤੇ ਨਾ ਲੱਗਣਾ, ਪੈਰਾਂ ਹੇਠੋਂ ਜ਼ਮੀਨ ਨਿਕਲਣਾ, ਪਾਣੀ ਸਿਰੋਂ ਲੰਘਣਾ, ਪੁੱਠੀਆਂ ਛਾਲਾਂ ਮਾਰਨੀਆਂ, ਪੈਰਾਂ ਤੇ ਪਾਣੀ ਨਾ ਪੈਣ ਦੇਣਾ, ਫੁੱਲਾਂ ਵਾਂਗ ਰੱਖਣਾ, ਫੁੱਲੋਂ ਨਾ ਸਮਾਉਣਾ, ਫਸਲੀ ਬਟੇਰਾਂ ਹੋਣਾ, ਫੂਕਾਂ ਨਾਲ ਉਡਾ ਦੇਣਾ, ਬਾਜ਼ੀ ਲੈ ਜਾਣਾ, ਬੇੜਾ ਗਰਕ ਹੋਣਾ, ਬੇੜਾ ਪਾਰ ਕਰਨਾ, ਬੀੜਾ ਚੁੱਕਣਾ, ਬੇੜੀਆਂ ਵਿੱਚ ਵੱਟੇ ਪਾਉਣਾ, ਬੀਜ ਨਾਸ਼ ਕਰਨਾ, ਭਾਰ ਸਿਰੋਂ ਲਾਹੁਣਾ, ਭੁੱਖ ਲਹਿ ਜਾਣੀ, ਭੁੱਖੇ ਸ਼ੋਰ ਵਾਂਗ ਪੈਣਾ, ਭੂਤ ਸਵਾਰ ਹੋਣਾ, ਭੰਗ ਭੁੱਜਣੀ, ਮੱਖੀਆਂ ਮਾਰਨੀਆਂ, ਮਰੂੰ ਮਰੂੰ ਕਰਦੇ ਰਹਿਣਾ, ਮਾਤ ਪਾ ਦੇਣਾ, ਮਾਰੋਮਾਰ ਕਰਨੀ, ਮਿਰਚ ਮਸਾਲਾ ਲਾਉਣਾ, ਮਿਰਚਾਂ ਲੱਗਣੀਆਂ, ਮੂੰਹ ਦੀ ਖਾਣਾ, ਮੋਰਚਾ ਮਾਰਨਾ, ਮਿੱਟੀ ਖਰਾਬ ਕਰਨੀ, ਯੱਬਲੀਆਂ ਮਾਰਨੀਆਂ, ਰਚ ਮਿਚ ਜਾਣਾ, ਰਾਈ ਦਾ ਪਹਾੜ ਬਣਾਉਣਾ, ਰਾਤ ਦਿਨ ਇੱਕ ਕਰਨਾ, ਰਾਹ ਦਾ ਰੋੜਾ ਬਣਨਾ, ਰੰਗ ਬਦਲਣਾ, ਰੰਗ ਵਿੱਚ ਭੰਗ ਪਾਉਣਾ, ਲਹੂ ਨਾਲ ਹੱਥ ਰੰਗਣਾ, ਲਹੂ ਦੇ ਘੁੱਟ ਭਰਨਾ, ਲੱਕ ਟੁੱਟ ਜਾਣਾ, ਲਾਹ ਪਾਹ ਕਰਨੀ, ਲਾਲ ਪੀਲਾ ਹੋਣਾ, ਲੂਣ ਹਰਾਮ ਕਰਨਾ, ਵੱਡ ਵੱਡ ਖਾਣਾ।

Bachelor of Vocation (Nutrition Exercise & Health)
(Semester– I)
(Session 2021-2022)

Punjab History and Culture (From Earliest Times to C. 320) (Special Paper in lieu of Punjabi compulsory)
Course Code: BVNL-2431

Course Outcomes:

This course aims to enhance students' knowledge and understanding of Maharaja Ranjit Singh's period and to challenge preconceptions about that period with fresh perspectives on the people and their contacts with the British.

On successful completion of the course, students will have developed the capacity to:

1. Critically discuss major social, political, economic, and cultural structures, events, and themes shaping the administration of Punjab under British period
2. Evaluate and analyse different sources and modern historiography.
3. Identify and assess evidence of social change and continuity throughout the period
4. Critically evaluate the rise and fall of Sikh Empire and the internal disputes
5. Conduct research using primary sources and historiography relating to the period
6. Formulate logical arguments substantiated with historical evidence
7. Express ideas clearly in both written and oral modes of communication

(Semester– I)
(Session 2021-2022)

Punjab History and Culture (From Earliest Times to C. 320) (Special Paper in lieu of Punjabi compulsory)
Course Code: BVNL-2431

Examination Time-3hours
Credits-2

Total Marks-50
Theory-40
CA-10

Instructions for the Paper Setter:

Eight questions of equal marks(8marks) are to be set, two in each of the four Sections(A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT -I

1. Sikh Struggle for Sovereignty
2. Ranjit Singh: Conquests, Administration and the Anglo-Sikh Relations

UNIT -II

3. Anglo-Sikh Wars and the Annexation.
4. The Punjab under the British: New Administration, Education and social Change

UNIT -III

5. Economic Changes: Agricultural
6. Socio-Religious Reform Movements

UNIT-IV

7. Role of Punjab in the Freedom Struggle
8. Fairs and Festivals

Text Books Recommended:

1. Kirpal Singh (ed.), *History and Culture of the Punjab*, Part-II, Punjabi University, Patiala, 1990. Fauja Singh (ed.), *History of Punjab*, Vol, III, Punjabi University, Patiala, 1987.
2. J.S. Grewal, *The Sikhs of the Punjab*, Cup, Cambridge, 1991.
3. Khushwant Singh, *A History of the Sikhs*, Vol. I, OUP, New Delhi, 1990

Bachelor of Vocation (Nutrition Exercise & Health)
(Semester– I)
(Session 2021-2022)

COMMUNICATION SKILLS IN ENGLISH
Course Code: **BJMM/BFDM/BHSM/BCAM/BITM/
BBTM/BACM/BOMM/BOPM/BVRM/BVMM/BVAM/BVTM/BVNM/BVBM/BVPM/ BVAI/BVHM-
2102**

COURSE OUTCOMES

At the end of this course, the students will develop the following skills:

CO 1: Enhancement of listening skills with the help of listening exercises based on conversation, news and TV reports

CO 2: Improvement of speaking skills enabling them to converse in a specific situation

CO 3: Acquisition of knowledge of phonetics which will help them in learning about correct pronunciation as well as effective speaking

CO 4: The capability to present themselves well in a job interview

CO 5: The ability of Note-Taking to be able to distinguish the main points from the supporting details and the irrelevant information from the relevant one

CO 6: Speaking skills of the students enabling them to take active part in group discussion and present their own ideas

CO 7: The capability of narrating events and incidents in a logical sequence

Bachelor of Vocation (Nutrition Exercise & Health)
(Semester– I)

(Session 2021-2022)

COMMUNICATION SKILLS IN ENGLISH

Course Code: BJMM/BFDM/BHSM/BCAM/BITM/
BBTM/BACM/BOMM/BOPM/BVRM/BVMM/BVAM/BVTM/BVNM/BVBM/BVPM/ BVAI/BVHM-
2102

**Time: 3hours(Theory)
3hours(Practical)**

**Max. Marks: 50
Theory: 25
Practical: 15
Continuous Assessment: 10**

Instructions for the paper setters and distribution of marks:

The question paper will consist of four sections and distribution of marks will be as under:

Section-A: Two questions of theoretical nature will be set from Unit I of the syllabus and the candidates will have to attempt one carrying 5 marks.

Section-B: Two questions will be set from Unit II of the syllabus. Candidates will have to attempt one carrying 5 marks.

Section-C: Two questions will be set from Unit III of the syllabus. Candidates will have to attempt one carrying 5 marks.

Section-D: Two questions will be set from Unit IV of the syllabus. Candidates will have to attempt one carrying 5 marks.

Important Note:

The candidate will have to attempt five questions in all selecting one from each section of the question paper and the fifth question from any of the four sections.

(5 x 5 = 25)

Course Contents:

Unit I

Listening Skills: Barriers to listening; effective listening skills; feedback skills.

Activities: Listening exercises – Listening to conversation, News and TV reports

Unit II

Attending telephone calls; note taking and note making

Activities: Taking notes on a speech/lecture

Unit III

Speaking and Conversational Skills: Components of a meaningful and easy conversation,

understanding the cue and making appropriate responses, forms of polite speech, asking and providing information on general topics

Activities: 1) Making conversation and taking turns

2) Oral description or explanation of a common object, situation or concept

Unit IV

The study of sounds of English, stress Situation based

Conversation in English Essentials of Spoken English

Activities: Giving Interviews

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education 2009.
3. *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).
4. *A Course in Phonetics and Spoken English* by J. Sethi and P.V. Dhamija, PhiLearning.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

(Session: 2021-22)

DIABETES

EDUCATION-I

(Theory)

COURSE CODE: BVNL -2283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To give knowledge about structure and function of human body.

CO2:- To provide detail information about digestive system.

CO3:- To give brief introduction to diabetes.

CO4:- To provide knowledge about regulation of blood glucose in human body and role of pancreas towards blood glucose level.

CO5:- To develop the roles and responsibilities of diabetic educator also provide knowledge about first aid and different medical responses.

CO6:- To give knowledge about bio medical waste management their categories, color coding and types.

CO7:- To provide knowledge about standards for bio medical waste and bio medical waste treatment.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

DIABETES EDUCATION-I

(Theory)

COURSE CODE: BVNL -2283

Time:3Hrs.

Max.Marks:100

TheoryMarks:80

L-T-P

CA:20

4-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.

□ The fifth question may be attempted from any Section. Each question Carry 16 marks.

Content:

UNIT-I

Structure and function of human body.

The Digestive system:

Structure and function of the salivary glands, the stomach, the pancreas, the liver, the small intestine and large intestine. Mechanism of digestion and absorption of carbohydrates, proteins and fats.

Introduction to Diabetes:

Types of Diabetes: Type I, Type II and gestational diabetes

- Regulation of blood glucose in human body
- Role of pancreas towards blood glucose levels

UNIT-II

Roles and responsibilities of diabetic educator

UNIT-III

First aid, emergency medical response

UNIT-IV

Bio Medical Waste Management

- Bio Medical Waste Management & treatment
- Categories of bio-medical waste
- Bio-medical waste- color coding, types of waste etc.
- Standards for bio-medical waste disposal
- Means of bio-medical waste treatment

Note: Students have to Visit healthcare institutions and clinical attachment.

References:

1. Guthrie, Hele, Andrews, Introductory Nutrition, 6th Ed, St. Louis, Times Mirror/Mosby College: 1988.
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised & enlarged) B. app C-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

(Session: 2021-22)

ROLE OF DIETASSISTANT

(Theory)

COURSE CODE: BVNL -2284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To identify different healthcare system and functions of hospitals and facilities provided by dietetics department.

CO2:- To develop the role and functions of diet assistant.

CO3:- To develop the knowledge about food and nutrition.

CO4:- To develop the knowledge about balanced diet and food groups.

CO5:- To enhance the knowledge of personnel hygiene of diet assistant. Teach them different aspects of healthy living.

CO6:- To enhance the soft skills of communication of diet assistant.

CO7:- To develop the knowledge about art of effective communication.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

ROLE OF DIET ASSISTANT

(Theory)

COURSE CODE: BVNL -2284

Time:3Hrs.

Max.Marks:100

TheoryMarks:80

L-T-P

CA:20

4-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each question Carry 16 marks.

Content:

UNIT-I

Healthcare system

- Healthcare service providers (primary, secondary & tertiary)
- Hospital functions.
- Food and Dietetics department and it's facilities.

Role of the diet assistant

- Functions of diet assistant
- Care of food storage equipment kitchen equipment and articles needed
- Patient comforts and safety
- Ethical behavior and understanding of certain administrative functions

UNIT-II

Introduction to food and nutrition

- Balanced diet and food groups

Introduction to dietetics related medical terminology

- Use of dietetics related medical terminology in daily activities with colleagues, patients and family.

UNIT-III

Personnel Hygiene of Diet Assistant

- Personnel Hygiene of Diet Assistant
- Healthy living
- Procedures of hand hygiene
- Techniques of grooming
- Techniques of use of PPE
- Vaccination against common infectious disease

Role of Diet Assistant-Sanitation, Safety& First Aid

- Role of Diet Assistant –Sanitation, Safety and First Aid
- Food hygiene and
- Safety
- Common emergency conditions and what to do in medical emergencies
- Describe the basics of first aid
- Understanding and precautions and precautions to ensure self-safety.

UNIT-IV

Soft Skill and Communication-I

- Art of effective communication
- Effective Communication with patients & family
- Effective communication with peers / colleagues using medical terminology in Communication.

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, TimesMirror/MosbyCollege: 1988.
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition(2nded.) WilayEasternLtd.1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II(2nded. Revised&enlarged) B.appC-1985.
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey&Sons.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

HOSPITAL FRONT DESK COORDINATOR - II

(Theory)

COURSE CODE:BVNL-2285

(Session 2021-2022)

COURSE OUTCOME:

CO (1): Understand the various rights and responsibilities of Patient

CO (2): Understand the ways to make patient comfortable

CO (3): Understand the characteristics and basic functioning of Hospital information system

CO (4): Understand the importance of maintaining records

CO (5): Understand the various bill payment modes, authenticity of currency, importance of providing bill to the carers.

CO (6): Understand the importance of maintaining empathetic relationship with the patient

CO (7): Understand how to maintain proper body language and dress code

CO (8): Understand the principles of Basic life support

CO (9): Understand the protocols of giving life support during choking

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
HOSPITAL FRONT DESK COORDINATOR - II
(Session 2021-2022)
(Theory)

COURSE CODE:BVNL-2285

Time:3Hrs.

Max.Marks:100

TheoryMarks:80

L-T-P

CA:20

4-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

- Candidates are required to attempt five questions, selecting at least one question from each section.

- The fifth question may be attempted from any Section. Each question Carry 16 marks.

Content:

UNIT- I

Rights & Responsibilities of Patient's

- Various patient rights and responsibilities applicable to work area
- Importance of self-role in maintaining patient's rights
- Things necessary to make the patient feel safe and comfortable
- Impact of comfort on one's health
- Importance and methodology of cleanliness, and hygiene environment
- Variation of patient's environment according to settings: road, home, ambulance, hospital, etc.

Hospital Information System (HIS)

- Describe various modalities for Patient Registration in HIS (Hospital information system)
- Characteristics of HIS
- Important information and credentials to be captured by patient/ attenders for HIS
- Basic functioning of HIS
- Maintaining database of visitors/patient setc.
- Importance of Electronic Health Records/Medical Records/Computerized patient

□ Unit- II

(Payment and Billing)

-
- Different modes of Payment utilized in healthcare industry
- Handle payment received from careers and submit to authorities as per organizational protocol and process
- Checking authenticity of currency notes
- Provide bill to careers as and when required as per organizational protocol and process
- Describe about receiving foreign currency as a part of payment process
- Describe about various international currencies and their values in terms of INR

Unit- III

Customer Service Excellence and Patient Satisfaction

- Methods to build empathetic relationship with the patient's/visitors
- Use of appropriate language and tone and listen carefully to the queries
- Importance of showing sensitivity and adequate support for all irrespective of gender/culture/age/social difference/language etc.
- Maintain proper body language and dress code
- Feedback from visitors
- Understanding and precautions to ensure self-safety

Unit- IV

Basic Life Support

- Identification of cardiac arrest
- Understanding Principles of basic life support (Adult chain of survival, CABDs of giving CPR)
- Control correct protocol of chest compression, ventilation and assessment steps
- Differentiate the single rescuer and two rescuer CPR
- Describe the conditions when choking occurs
- Protocol of giving life support during choking.

Reference Books:

1. Nutrition and child development by Dr. Rajwinder K. Randhawa.
2. Nutrition & Dietetics by K. Med. Khanna.
3. Therapeutic Nutrition by B. Srilakshmi.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

(Session: 2021-22)

Advance Nutrition

(Theory)

COURSE CODE: BVNL-2286

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To develop the knowledge to classify different functions and requirements of fat soluble vitamin and water soluble vitamin.

CO2:- To identify the bio-availability, requirement and deficiency of different vitamins.

CO3:- To develop the knowledge of food preservation, food spoilage and principle of food preservation.

CO4:- To develop the knowledge of food adulteration and standards, toxic effects of food adulteration.

CO5:- To develop the knowledge of food hygiene in purchasing, preparation, cooking and serving of food.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)

ADVANCE NUTRITION

(Theory)

COURSE CODE: BVNL-2286

Time:3Hrs.

Max.Marks:100

TheoryMarks:80

L-T-P

4-0-0

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each Question Carry 12 marks.

Content

UNIT -I

Vitamin- Classification, unit of measurements sources, requirements functions and deficiency of following vitamins.

(a) Fat Soluble vitamins A, D, E andK

(b) Water soluble vitamins- C, B1-B2, B3, B6, B12 and Folicacid.

Mineral- Functions, Sources, Bio-availability requirement and deficiency of following minerals calcium, iron, iodine, fluorine, Sodium, Potassium, Phosphorus, and

Magnesium

UNIT-II

Food Preservation

Importance and scope of food

Preservation and Spoilage of Food

Causes of Food spoilage

Principles of food preservation

Household Methods of food

preservation.

UNIT-III

Food adulteration and standards

Definition

Common adulterants & their test in different food stuffs

Toxic Effects of food adulteration

Food standards

UNIT-IV

Food

hygiene

Purchasing

Preparation`

Cooking

Serving

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th ed.St.Louts, TimesMirror/MosbyCollege:1988.
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition(2nded.) WilayEasternLtd.1990.
3. Swaminathan S: Advanced text book on foods Nutrition, Vol. I, II(2nded. Revised&enlarged) B.appC-1985.
4. Willson, EVAD Principles of Nutrition 4thed New YorkJohnWilley

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2021-22)

Advance Nutrition (Practical)
COURSE CODE: BVNP-2287

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To develop knowledge about different nutrients.

CO 2:- To develop knowledge about therapeutic diets.

CO3:- To enhance the cooking skills with absorbing more nutrients.

CO4:- To develop knowledge about different food group.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2021-22)

ADVANCE NUTRITION
(Practical)
COURSE CODE: BVNP-2287

Time:3hrs

Total Marks:50

Practical Marks: 40

CA: 10

Note: Paper will be set on the spot by the examiner

- Prepare 5 dishes using following methods
 1. Highprotein
 2. Highfiber
 3. Highenergy
 4. High iron
 5. Sprouting
 6. Low-costrecipes
 7. Low calorierecipes
 8. Preservation: jams, jelly, pickles,chutney
 - Table setting: Types of table settings
 - Napkin folding: methods of napkinfolding
 - Find food adulteration with some samples
 - Methods of serving.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2021-22)

Entrepreneurial Development
(Practical)

COURSE CODE: BVNP-2288

Time:3Hrs.

Max.Marks:50

PracticalMarks:40

L-T-P

CA:10

0-0-2

- Operation of diet clinic and dietcounselling
- Computer application in use of nutrition related tosoftware:
- Dietcal
- Onlinesoftware
- Report and presentations of casestudy
- Seminars will be based on the topics covering recent advances in the field of nutrition, community nutrition, public health and alliedareas
- Reports on visit to food industry.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2021-22)
B.Voc (RM, MSP, Animation, TDAT, NEH,)
DRUG ABUSE Problem, Management and Prevention (Compulsory)
Course Code: AECD-2161

Subject Outcomes:

- CO1. This information can include factual data about what substance abuse is; warning signs of addiction; information about how alcohol and specific drugs affect the mind and body;
- CO2. How to be supportive during the detoxification and rehabilitation process.
- CO3. Main focus of substance abuse education is teaching individuals about drug and alcohol abuse and how to avoid, stop, or get help for substance use disorders.
- CO4. Substance abuse education is important for students alike; there are many misconceptions about commonly used legal and illegal substances, such as alcohol and marijuana.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2021-22)
B.Voc (RM, MSP, Animation, TDAT)
Drug Abuse Problem, Management and Prevention (Compulsory) (Theory)

Course Code: AECD-2161

Time:3 Hrs
Credits:2

Max. Marks:50
Theory:40
CA: 10

Instructions for the Paper Setter

Eight questions of equal marks(8each) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

1) Consequences of Drug Abuse for:

- 1) Individual – Education, employment and income issues.
- 2) Family –Violence
- 3) Society –Crime.
- 4) Nation – Law and order problem

UNIT-II

2) Management of Drug abuse:

- 1) Medical Management: Medication for treatment and to reduce withdrawal effects, Drug De-addiction clinics, Relapse management.
- 2) Psycho-Social Management: Counselling, family and group therapy, behavioural and cognitive therapy, Environmental Intervention.

UNIT-III

3) Prevention of Drug Abuse:

- 1) Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.
- 2) School Counselling, Teacher as role-model. Parent-Teacher-Health Professional Coordination, Random testing on students.

UNIT-IV

4) Awareness of drug abuse

- 1) Media:
Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program.
- 2) legislation:
NDPs act, statutory warnings, policing of borders, checking supply/ smuggling of drugs, strict enforcement of laws, time bound trial.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2021-22)

References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
 5. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
 6. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
 7. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
 8. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
 9. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
 10. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– II)
(Session: 2021-22)

Course Title: Moral Education

Programme Course Duration: 30 hrs

Course Intended for: II Sem students of all streams

Course Objectives:

- To sensitize students about the role and importance of human values and ethics in personal, social and professional life.
- To enable students to understand and appreciate ethical concerns relevant to modern lives.
- To prepare a foundation for appearing in various competitive examinations.
- To sensitize the students about the current issues and events of national and international importance.
- To highlight plausible implications of ethical human conduct , trustful and mutually fulfilling human behaviour and mutually enriching interaction with nature .

Course Contents:

- Introduction to Moral Education
- Need , content and purpose
- Vedic values
- Character building

The Self and You

- Understanding the Self –Self-awareness, fighting the five evils (lust, anger, attachment, ego and greed), Self growth.
- Personal ethics
- Aspiration v/s ambition, self- seeking v/s selflessness
- Physical and mental health

The Family and You

- Importance of family- the basic unit of human interaction.
- Generation gap
- Relationship with siblings and elders

The Society and You

- Social responsibility · Our rights and duties
- Civic sense
- Opposite sex relations
- Globalization and IT boom – cell phone menace
- Peer pressure
- Gender issues

The Nation and You

- International peace and brotherhood
- Saving the environment
- Communal harmony, Tolerance, Understanding of Cultures

- Respect for Martyrs
- National Pride

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME
Bachelor of Vocation Nutrition, Exercise & Health
(Session: 2021-2022)
(Credit Based Continuous Evaluation Grading System)
Semester III

Course code	Course type	Course Titles	Credits L-T-P	Max Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 3101	C	Soft Skills and Communication	4-0-0	50	40	-	10	3+3
BVNL – 3282	C	Human Physiology	3-0-0	75	60	-	15	3
BVNL – 3283	C	Nutrition, Exercise and Immunity	3-0-0	75	60	-	15	3
BVNM- 3284	S	Diabetes Education- II	2-0-2	100	60	20	20	3+3
BVNM- 3285	S	Food Science and Quality Control Standards	2-0-2	100	60	20	20	3+3
BVNM- 3286	S	Community Nutrition	2-0-2	100	60	20	20	3+3
BVNI – 3287	S	Internship	0-0-6	150	-	150	-	3
SECP-3512	C	*Personality Development	2-0-0	25	20	-	5	1
		Total	30	650				
	C- Compulsory S- Skill based *Grade points and grades of these courses will not be included in SGPA/CGPA of semester/Programme.							

*Project instead of Internship in session 2021-22 only **(Covid)** .

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester III)
Session: 2021-22

SOFT SKILLS AND COMMUNICATION
(THEORY)

COURSE CODE: BVNL-3101

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: improve their communication skills

CO2: learn techniques to organise ideas for paragraph writing

CO3: get better insight into the usage of Standard English, grammar and effective sentence skills

CO4: enrich their vocabulary, and usage of new words

CO5: develop the ability to write notices and memos

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester III)
Session: 2021-22

SOFT SKILLS AND COMMUNICATION
(THEORY)

COURSE CODE: BVNL-3101

CourseCode:BVNL-3102

Time:3 Hours

6 Lectures/per week

Max. Marks: 50

Theory: 40

Continuous Assessment: 10

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections. The candidate will have to attempt five questions in all selecting one from each section and the fifth question from any of the four sections. Each question will carry 8 marks.

Section-A: Two questions will be set from Unit I.

Section-B: Two questions will be set from Unit II

Section-C: Two questions will be given from Unit III.

Section-D: Two questions will be set from Unit IV.

(8 x 5 = 40)

Unit I

1. Basic readingskills
2. Readingcomprehension

Unit II

3. Basic sentence formation
4. Vocabularybuilding

Unit III

5. Basic writingskills
6. Basiccomposition:
 - a) Paragraphwriting
 - b) Letterwriting (i)Formal
(ii) Informal
 - c) Notice/Memo

Unit IV

7. Goal setting, team building, team work, time management thinking and reasoning and communication with others.

Recommended Books:

1. *The Student's Companion* by Wilfred D. Best.
2. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)

(Session 2021-2022)

Human physiology

(Theory)

COURSE CODE: BVNL-3282

COURSE OUTCOMES

Upon Completion of this Course the student should be able to:

CO1. To develop the knowledge of cell structure and functions of inclusionbodies.

CO2. To understand the elementary knowledge of structure and functions of cardiovascular system.

CO3. To develop the knowledge of different types of endocrine glands and its functions.

CO4. To develop the knowledge about digestive system and its structure, function, digestion and absorption of carbohydrates, proteins and fats.

CO5. To develop the knowledge of structure and function of urinary system.

CO6. To develop the knowledge of respiratory system and reproductive system.

Bachelor of Vocation Nutrition Exercise & Health (Semester– III)
Human Physiology
(Theory)

COURSE CODE: BVNL -3282
(Session 2021-2022)

Time:3Hrs.

Max.Marks:75
TheoryMarks:60
CA:15

L-T-P
3-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A- D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each Question Carry 12 marks

UNIT-I

1. Review of cell structure and functions of inclusion bodies.
2. Physiology of lymphatic system
Functions of lymphatic system: lymph nodes, vessels, spleen and thymus.
3. Cardio Vascular System:
Basic properties of the heart, cardiac output, blood pressure and factors affecting it and hypertension.

UNIT-II

4. Physiology of Kidneys:
Mechanism of urine formation and the role of the kidneys in water and electrolyte balance.
5. Physiology of nervous system
Structure and function of brain and spinal cord.
6. Physiology of skeletal system

UNIT -III

6. Physiology of respiratory system
Knowledge of structure and function of respiratory organs.
7. Physiology of the digestive system:
Secretory and digestive function of the salivary glands, the stomach, the pancreas, the liver and intestine. Mechanism of absorption of carbohydrates, proteins and fats.
8. Physiology of Muscular system

UNIT -IV

9. Physiology of endocrine glands:
Functions of the Thyroid, parathyroid, adrenal cortex, adrenal medulla, pancreas, pituitary glands and different syndromes resulting from modules, hypo or hyperactuchy.
10. Physiology of reproductive system
Knowledge of structure and function of male and female reproductive organs.
Menstrual cycle

Books Recommended:

1. Bloom, W. And Fawcett, D.W.A. Text Book of Histology W.B.SaundersofCompany,1968.
2. Guyton, AC, Text Book of Medical Physiology W.B. Saunders&Company.
3. Strand, F.L. Modern Physiology.MacmillanPublication.
4. Davidson, B. And Smith E., Text Book of PhysiologyandBiochemistry.

Bachelor of Vocation Nutrition, Exercise & Health (Semester– III)

(Session 2021-2022)

Nutrition, Exercise and Immunity

(Theory)

COURSE CODE: BVNL-3283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about nutrition and its component.

CO2. To understand the elementary knowledge of immune system and role of nutrients in immune functions.

CO3. To develop the knowledge about infections.

CO4. To develop the knowledge about role of nutraceuticals and functional foods.

CO5. To develop the knowledge about HIV, Tuberculosis.

CO6. To develop the knowledge about prebiotics, probiotics and food allergy.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– III)
Nutrition, Exercise and Immunity
(Theory)

COURSE CODE: BVNL -3283
(Session: 2021-2022)

Time:3Hrs.

Max.Marks:75
Theory Marks:60
CA:15

L-T-P
3-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each Question Carry 12 marks.

Content

UNIT-I

- Meaning of Nutrition and Its Elements
- Positive Health Behaviors
- Role of antioxidants

UNIT – II

- Immune system: The defense mechanisms of the body.
- Role of nutrients in immune functions. Under nutrition causes and consequences.
- Infection: risk of infection, influence of infections on nutrition and susceptibility to infection.

UNIT-III

- Role of nutrients in prevention of risk of infections.
- Age related immune depression.
- Role of nutraceuticals and functional foods.

UNIT –IV

- Nutrition, HIV /AIDS and tuberculosis.
- Probiotics, Prebiotics and immunity
- Food allergy.
- Latest Health concerns.

References:

Handbook of nutrition and immunity by M. Eric Gershwin. Textbook of physiology - IGNOU

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)

(Semester– III)

(Session: 2021-22)

DIABETES EDUCATION-II

(Theory)

COURSE CODE: BVNM -3284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To give detail introduction to diabetes.

CO2:- To provide knowledge about types of Diabetes: Type I, Type II, Prediabetes, Gestational Diabetes, and Impaired Glucose Tolerance (IGT).

CO3:- To give knowledge about pathology of diabetes and complications of diabetes.

CO4:- To provide knowledge about hand care, foot care, eye care for diabetes patients.

CO5:- To provide knowledge about initial assessment and reassessment of diabetic patients.

**Bachelor of Vocation (Nutrition Exercise & Health) (Semester– III)
Diabetes Education -II
(Theory)**

**COURSE CODE: BVNM -3284
(Session 2021-2022)**

Time:3Hrs.

Max.Marks:100

TheoryMarks:60

Practicalmarks:20

L-T-P

2-0-2

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each Question Carry 12 marks.

Content

UNIT -I

Diabetes overview:

Definition of Diabetes, Types of Diabetes: Type I, Type II, Prediabetes, Gestational Diabetes, Impaired Glucose Tolerance (IGT)

Risk factors for diabetes:

Primary and Secondary factors

UNIT -II

Pathology of diabetes:

Causes and Symptoms of Diabetes

Complication of Diabetes:

Nephropathy, Neuropathy, Retinopathy, Diabetic Coma, Insulin Shock etc.

UNIT- III

Investigation used for diagnosis of diabetes:

GTT, FBG, PPBG, RBG, HbA1c, Urine Micral, Ketones test, Lipid Profile,

6. Insulin and its types, syringe and pen injection types/ parts, usage techniques and safety measures while using insulin injections.

7. Hypoglycaemia: Definition, complications, treatment and its management

UNIT -IV

8. Special care for diabetic patients: Hand care, Foot care, Eyes care and Weight management

Initial assessment of diabetic patients: Biochemical and Anthropometric assessment, Disease history and current status evaluation

Reassessment of diabetic patients and follow ups: Diet counselling, Diet and Drug Insulin management

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, TimesMirror/Mosby College:1988

2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition(2nded.) WilayEasternLtd.1990.

3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II(2nded.
Revised& enlarged) B. appC-1985

Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– III)
Diabetes Education -II
(Practical)

COURSE CODE: BVNM -3284
(Session 2021-2022)

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To make them understand about Biochemical and Anthropometric assessment, Disease history and current status evaluation.

CO2. To develop the knowledge of diet counseling, diet and drug insulin management.

Bachelor of Vocation (Nutrition Exercise & Health) SEM –III
Diabetes Education –II
(Practical)

COURSE CODE: BVNM-3284
(Session 2021-2022)

Time:3Hrs.

Marks:20

CONTENTS:

NOTE: Students have to visit healthcare institutions and clinical attachments.

- Biochemical and Anthropometric assessment, Disease history and current status evaluation
- Diet counselling, Diet and Drug Insulin management.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Food science & quality control Standards
(Theory)
COURSE CODE: BVNM-3285
(Session 2021-2022)

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO1. To knowledge about principal of food science.
- CO2. To develop the knowledge about starchy food, flours, fats and oils.
- CO3. To develop the knowledge about meat structure, egg, milk and milk products.
- CO4. To develop the knowledge about pulses, legumes, fruits and vegetables.
- CO5. To develop the knowledge about sampling procedure and sensory evaluation.
- CO6. To develop the knowledge about grading and marketing standards.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Food science & quality control Standards
(Theory)
COURSE CODE: BVNM-3285
(Session 2021-2022)

Time:3Hrs.

Max.Marks:100

L-T-P

TheoryMarks:60

2-0-2

Practicalmarks:20

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each Question Carry 12 marks.

CONTENTS

UNIT- I

Importance of quality control and assurance.

Food Adulteration: common food adulterants, consumer awareness, domestic methods of identification and prevention.

Food laws and regulations – Prevention of Food Adulteration Act, Fruit Product Order, Agmark, Essential commodity Act and Consumer Protection and Bureau of Indian Standard, Codex standard, hazard analysis and critical control point.

Unit-II

Meat structure, constituents of meat, post mortem changes, methods of cooking and changes in meat during cooking, tenderness, and juiciness

Egg; - structure, composition and selection coagulation of egg protein, eggs cooked in shells and parched eggs.

Milk and milk products; - composition and constituents of milk, coagulation of milk protein, curd cream, butter and cheese

Pulses and legumes, composition, method of processing and cooking, effect of processing such as, roasting, parching, soaking, germination and fermentation

Fruits and vegetables;- structure, texture, pigments and acid and fruits and vegetables, browning reactions, pectin's substance theory of pectin gel formation, testing of pectin factors effecting gel formation

UNIT- III

Sampling procedure.

Application of food standards, sampling and specifications for raw foods and food products for additives, preservatives, colouring matters, antioxidants, emulsifying and stabilizing agents.

Various methods for the assessment of quality of different foods.

Selection of secondary panel and sensory valuation of food products

Grading and marketing standards, specification of finished products

Unit -IV

Visit to quality control laboratory and food processing industries.
Market survey of processed foods for quality assurance

References:

1. Guide to food safety and quality during transportation: controls, standards practices by John M. Ryan Kindle Edition
2. International standards for food safety, by Naomirees
3. ISO 22000 Standard procedures for food safety management system by bizmanualx.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Food science and quality control Standards
(Practical)
COURSE CODE: BVNM-3285
(Session 2021-2022)

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To knowledge about evaluation of food grains.

CO2. To develop the knowledge about chemistry of cereals.

CO3. To develop the knowledge about chemistry of colloidal particles.

CO4. To develop the knowledge about food colours, preservation of food and new product development.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Food science and quality control Standards
(Practical)
COURSE CODE: BVNM-3285
(Session 2021-2022)

Time:3Hrs.

Marks:20

Contents:

- Evaluation of Food grains for their physical appearance
- Evaluation of milk sample
- Food colors
- Preservation of food
- Honey, fats and oil
- New product development
- Visit to quality control laboratory and food processing industries.
- Market survey of processed foods for quality assurance.

Bachelor of Vocation (Nutrition Exercise & Health) SEM –III
Community Nutrition
(Theory)

COURSE CODE: BVNM-3286
(Session 2021-2022)

COURSE
OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To understand the factors affecting food consumption and malnutrition.

CO2. To gain knowledge about agricultural production and socio- economic and psychological factors related to malnutrition and family size and composition.

CO3. To understand the measures to overcome malnutrition and to apply basic principle of nutrition to improve the dietary practices of community.

CO4. To gain knowledge about economics of sanitation of food nutrition.

CO5. To understand the national and international organization engaged in food and nutrition activity.

CO6. To understand the role of voluntary agencies their state programmes community development and extension programmes.

CO7. To understand the principles of planning, executing and evaluating the nutrition education programme.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Community Nutrition
(Theory)
COURSE CODE: BVNM -3286
(Session 2021-2022)

Time:3Hrs.

Max.Marks:100
TheoryMarks:60
Practical marks:20
CA:20

L-T-P
2-0-2

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each Question Carry 12 marks.

Contents

UNIT -I

Nutrition and National Development.
Major Nutritional Problem. Economic of Nutrition.
Nutrition adaptation.
Economic of sanitation of food nutrition – loss of food nutrients on contamination with chemical poisons, parasitic and microbial.
Health care system
Health care service providers (primary, secondary and tertiary system)

UNIT-II

Nutrition and infection.
National and international organization engaged in foods and nutrition activities.
National: Role of voluntary agencies and state programmes. Community Development and extension programmes. State nutrition councils and bureaus, contribution of ministries of agriculture and health, ICMR, NIN, CSIR, CFTRI and ICAR.
International: FAO, WHO, UNICEF.

UNIT-III

Assessing the food and nutritional problems in the community. Methods for assessment of
(c) Nutritional status of an individual and community:-
Direct Assessment: Clinical sign, nutritional anthropometry, biochemical tests, and biophysical methods.
Indirect Assessment: Vital statistics nutritionally relevant diseases, assessment of ecological survey, technique of diet and nutrition survey.

Objectives and operations of feeding programmes in the country:-
(a) Pre-School feeding programmes.
(b) School lunch programmes.
(c) Programmes for other vulnerable sections of population.

UNIT-IV

Food Adulteration: Laws governing the food standards. Common methods of detecting food adulteration at home

Current Nutrition Programmes – Provision for nutrition in the IXth five years plan.

Reference Books:

- Community Nutrition, Textbook of Public nutrition IGNOU
- Institutional Food Administration, Mohini Sethi
- Bloom, W. And Fawcett, D.W.A. Text Book of Histology W.B.Saunders of Company, 1968.
- 2. Guyton, AC, Text Book of Medical Physiology W.B. Saunders & Company.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Community Nutrition
(Practical)

COURSE CODE: BVNM -3286
(Session 2021-2022)

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To understand the planning and conducting nutrition education programmes.

CO2. To develop the knowledge about standardization of cheap, nutritious recipes using food suitable for vulnerable groups.

CO3. To enable them to conduct survey regarding vulnerable groups.

CO4. To understand the preparation of teaching aids for imparting nutrition education programmes.

Bachelor of Vocation (Nutrition Exercise & Health) SEM -III
Community Nutrition
(Practical)
COURSE CODE: BVNM -3286
(Session 2021-2022)

Time:3Hrs.

Marks:20

Contents:

1. Planning and conducting nutrition education programmes (Project).
2. Evolving and standardization of cheap, nutrition recipes using various food suitable for vulnerable groups.
3. Surveys (class project).
4. Preparation and use of projected and non-projected teaching aids for imparting nutrition education programmes.

**Bachelor of Vocation (Nutrition Exercise & Health) (Semester– III)
Internship (Practical)
COURSE CODE: BVNP -3287
(Session 2020-2021)**

COURSE OUTCOME

CO1:- To understand the importance of quality control and assurance

CO2:- To get understanding of various Food Acts

CO3:- To get the information about composition and structure of various food groups.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– III)
Internship (Practical)
COURSE CODE: BVNP -3287
(Session 2020-2021)

Time:3Hrs.
L-T-P
0-0-6

Max.Marks:150
Practicalmarks:150

- Internship in of any of the food industry for a min. period of 30 days.

Course Title: Personality Development
Nature of course: Audit Course (Value added)
Course duration: 30 hours
Course intended for: Sem. III students of all streams (UG Only)
Course credits: 2 (For Credit based Continuous Evaluation Grading System)

Course Code: SECP-3512

SYLLABUS

MODULE 1: Positive Thinking & Attitude

- Factors Influencing Attitude
- Essentials to develop Positive Attitude
- Challenges & Lessons from Attitude

MODULE 2: Self Analysis & Self Confidence

- Who am I
- Importance of Self Confidence
- SWOT Analysis

MODULE 3: Communication Skills

(i) Basic Communication Skills

- Speaking Skills
- Listening Skills
- Presentation Skills

(ii) Body Language

- Forms of Non-Verbal Communication
- Interpreting Body Language clues
- Effective use of Body Language

(iii) Interview Skills

- Type of Interviews
- Ensuring success in job interviews
- Appropriate use of Non-verbal Communication

(iv) Resume Writing

- Features
- Different types of Resumes for Different Posts

(v) Group Discussion

- Differences between Group Discussion and Debate
- Importance of Group Discussion
- Group Decision

-
- Ensuring Success in Group Discussions

(vi) Telephone & E-mail Etiquette

- Telephone etiquette
- E-mail etiquette

(vii) Public Speaking

- Introductory Speech
- Informative Speech
- Persuasive Speech
- Extempore Session

MODULE 4: Time Management

- Importance of Time Management
- Values & Beliefs
- Goals and Benchmarks – The Ladders of Success
- Managing Projects and Commitments
- Prioritizing your To-do's
- Getting the results you need

MODULE 5: Stress & Conflict Management

- Introduction to Stress
- Types of Stressors
- Small Changes and Large Rewards
- Stress Prevention
- Overcoming Unhealthy Worry
- Stress at Home and Workplace
- Dealing with Frustration and Anger
- Stress reducing Exercises
- Understanding Conflicts
- Violent and Non-violent Conflicts
- Source of Conflict
- Structural and Cultural Violence

MODULE 6: Physical Fitness and Personal Grooming

- Fitness and Exercise
- Balanced & Healthy Diet
- Skin Care & Hair Care
- Make-up Skills

MODULE 7: Appropriateness of Apparel

- Apparel & Personality
- Psycho-social aspects of Apparel
- Style-tips for smart dressing & effective use of design elements

MODULE 8: Social Etiquette

-
- Civic Sense
 - Workplace Skills
 - Meeting and greeting people
 - Table Setting and Table Manners

MODULE 9: Decision Making Process and Problem Solving Skills

- Anatomy of a Decision
- How to use Problem solving steps and Problem solving tools
- How to distinguish root causes from symptoms to identify right solution for right problems
- How to improve Problem solving and Decision making by identifying individual problem solving

styles

- The Creative process for making decisions
- Tools to improve creativity
- Implementing the Decision – Wrap up

(i) Leadership Skills

- Handling Peer Pressure and Bullies
- Team Work
- Decision Making
- Taking initiatives

(ii) Goal Setting

- Wish List
- SMART Goals
- Blueprint for Success
- Short-term, Long-term, Life-term Goals

(iii) Motivation

- Factors of motivation
- Self Talk
- Intrinsic & Extrinsic Motivators

Books Recommended

1. Rossi, P. (*Everyday Etiquette: How to navigate 101 common and uncommon social situations.*
2. Pietrzak, T.,& Fraum, M. (2005). *Building career success skills.* ASTD Press.
3. Treffinger, D.J., Isaksen, S.G., & Brian, K. (2005). *Creative problem solving: An Introduction.*
4. Carr, A. (2004). *Positive Psychology: The science of happiness and human strengths.* Burnner-Routlrdge.
5. Oberg, B.C. (1994). *Speech craft: An Introduction to public speaking.* Meriwether Publishing.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME
Bachelor of Vocation (Nutrition, Exercise & Health)
(Session: 2021-2022)
(Credit Based Continuous Evaluation Grading System)

Semester IV								
Course code	Course type	Course Titles	Credits L-T-P	Max Marks				Examination time (in Hours)
				Total	Ext.		CA	
L	P							
BVNL- 4281	S	Diabetes Education- III	4-0-0	100	80	-	20	3
BVNL- 4102	C	Soft Skills and Communication	4-0-0	50	40	-	10	3
BVNL- 4283	C	Food Microbiology	2-0-0	100	80	-	20	3
BVNL-4284	S	Patient Relation Associate	3-0-0	100	80	-	20	3
BVNM- 4285	S	Nutritional Biochemistry	2-0-2	100	60	20	20	3+3
BVNM -4286	S	Meal management	2-0-2	100	60	20	20	3+3
BVNI – 4287	S	Internship	0-0-3	100	-	100	-	3
AECE – 4221	C	*Environmental Studies (Compulsory)	3-0-1	100	60	20	20	3+3
SECS – 4522	C	*Social Outreach	2-0-0	25	-	20	5	1
		Total	30		650			
	C- Compulsory S- Skill Enhancement *Grade points and grades of these courses will not be included in SGPA/CGPA of semester.							

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV) (Session: 2021-22)
Diabetes Education -III (Theory)
COURSE CODE: BVNL -4281

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To give detail introduction to diabetes.

CO2:- To provide knowledge about glucometer.

CO3:- To give knowledge about treatment plan for type I and II Diabetes.

CO4:- To provide knowledge about weight management for diabetes patients.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV) (Session: 2021-22)
Diabetes Education -III (Theory)
COURSE CODE: BVNL -4281

Time:3Hrs.

Max.Marks:100
TheoryMarks:80
CA:20

L-T-P
4-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section. Each question carry 16 marks.
- The fifth question may be attempted from any Section.

CONTENTS

UNIT-I

1. Glucometer: History, Equipment attachments, Calibration, Invasive and non-invasive Technique, Characteristics, Method of Usage, Safety measures while using glucometer.
2. CGMS –Continuous Glucose monitor and Insulin Pump.
2. Infection control and prevention at the insulin injection site, Diabetic Foot Care,

UNIT-II

3. Professional behavior of diabetes educator, patient dealing, effective communication
4. Treatment plan for type 1 diabetes
5. Recent Advancement /Scope in Diabetes Management

UNIT-III

5. Treatment plan for type 2 diabetes
6. Treatment plan for gestational diabetes

UNIT-IV

7. Diabetes awareness campaigning: weight management, diet management, regular Checkups, lifestyle modification
8. Patient's rights

References:

1. Guthrie, Hele, Andrews, Introductory Nutrition, 6th Ed, St. Louis, Times Mirror/Mosby College:1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition(2nded.) Wilay Eastern Ltd.1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nded. Revised &enlarged) B.appC-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons.1979

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV) (Session: 2021-22)

SEMESTER-IV

**SOFT SKILLS AND COMMUNICATION
(THEORY)**

COURSE CODE: BVNL-4102

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: improve their communication skills

CO2: identify problems and be equipped with problem solving skills

CO3: learn techniques to write reports and take notes

CO4: imbibe and practise conversational skills **CO5:**

develop work ethics

CO6: imbibe and practise presentation skills and public speaking

BACHELOR OF VOCATION (NUTRITION, EXERCISE & HEALTH)
(Semester-IV)
Session-2021-22
SOFT SKILLS AND COMMUNICATION
Course Code: BVNL 4102

Examination Time: 3 Hrs

Max. Marks: 50
Theory: 40
CA: 10

Instructions for the Examiner:

The question paper will consist of four sections and distribution of marks will be as under:

- Section-A:** One question will be set from Unit I of the syllabus with internal choice and it will carry **10 marks**.
The questions may have sub-parts.
- Section-B:** One question will be set from Unit II of the syllabus with internal choice and it will carry **10 marks**.
The questions may have sub-parts.
- Section-C:** Two questions with internal choice will be given based on the topics in Unit III. Each question will carry five marks. **(2x5=10 marks)**
- Section-D:** Two questions with internal choice will be given based on the topics in Unit IV. Each question will carry five marks. **(2x5=10 marks)**

Unit I

1. Problemsolving
2. Report Writing and Note Taking

Unit II

3. Constructive feedback
4. Project Management

Unit III

5. Conversational Skills
6. Work ethics

Unit IV

7. Presentation Skills (Team presentations and Individual presentations)
8. Etiquettes for public speaking

Recommended Books:

1. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV)
Food Microbiology
(Theory)

SESSION 2021-22

Course Code: BVNL-4283

COURSE OUTCOME

Upon Completion of this Course the student should be able to

- CO1. To knowledge about brief introduction to industrial hygiene, sanitation, public health.
- CO2. To knowledge about types of disinfection and different surfaces and materials.
- CO3. To knowledge about brief history of microbiology and sub disciplines of microbiology.
- CO4. To develop the knowledge about harmful bacteria, methods of transmission and anti microbiology agents: antibiotics, germicides.
- CO5. To understand the knowledge about types of food spoilage and food preservation.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV)
Food Microbiology
(Theory)

SESSION 2021-22
Course Code: BVNL-4283

Time:3Hrs.

Max.Marks:100
TheoryMarks:80
CA:20

L-T-P
2-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Each question carry 16 marks.
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

UNIT-I

1. **Hygiene:** A brief introduction to industrial hygiene, environment, sanitation and public health.
2. Hygiene
 - a) Personal hygiene
 - b) Procedure of hand hygiene
 - a) Food hygiene (purchasing, preparation, cooking and serving).
3. Control of infection in catering establishment.
 - (a) Immunity types and their effect.
 - (b) Disinfecting types of disinfection – Concurrent and terminal: methods of disinfection and different surfaces and materials – floor, walls, utensils, crockery, cutlery, clothing, wedding rooms, water closets, physical, chemical and mechanical methods.

UNIT-II

Microbiology:

1. Discovery and brief history of microbiology, sub disciplines of microbiology.
2. Ant microbiology Agents: Antibiotics, germicides, antiseptics, qualification of antimicrobial agents.
3. Food hazard of microbial origin and occurrence and growth of micro organism in food

UNIT-III

4. Sources of harmful bacteria and their methods of transmission.
 - (a) Bacterial food poisoning characteristics of bacteria, sources of infection in susceptible, food, sign and symptoms of the following:-Salmonella FP, Staphylococcal FP , Clostridium preferences FP, Clostridium botulinum FP

- (b) Micro-organisms used in food biotechnology. Prebiotics and Probiotics.
5. Food contaminants: - naturally occurring toxicants, environmental contaminants and miscellaneous contaminants.

UNIT-IV

6. General types of food spoilage and food preservation according to following food groups:-
- Cereal And Pulses
 - Milk And Meat Products
 - Fruits And Vegetables
7. (a) Food additives: classification, functional role and safety issues
(c) Food packaging, concepts, significance and functions, classification of packaging material and packaging methods.

References:

- Food Microbiology – William c. Frazier
- Microbiology – Pelzar

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

SESSION 2021-22

**Patient Relation Associate
(Theory)**

COURSE CODE: BVNL -4284

COURSE OUTCOME:

- CO (1): Understand functions of patient relation associate,
- CO (2): Understand the concept of report delivery process, employee's responsibility
- CO (3): Understand the concept of quality improvement process
- CO (4): Understand the basic procedures and policies of hospital
- CO (5): Understand the patient leaving policy such as LAMA
- CO (6): Understand the various standards of NABH
- CO (7): Understand the cash management system and fundamentals of accounting

**Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)
SESSION 2021-22**

**Patient Relation Associate
(Theory)**

COURSE CODE: BVNL -4284

Time:3Hrs.

**Max.Marks:100
TheoryMarks:80
CA:20**

**L-T-P
4-0-0**

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Each question carry 16 marks.
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

UNIT -I

Orientation to Patient Relations Associate Key functions

- Functions of patient relations associate
- Needs of patient in hospital
- Report delivery process
- Employees responsibilities e.g. punctuality, discipline, integrity, grievance redressal process
- Process involved during admission and discharge of patients
- Managing and handling visitors of different categories such as Patients - Paid / Non-Paid, Emergency, VIPs etc.
- Patient satisfaction contribution of the front office
- Basic components required for comfort of patient/carer's/visitors at health care organization
- Importance of presenting a positive personal image.
- Quality improvement process
- Patient flow management in hospital area for availing services such as OPD/IPD/Diagnostic setc in coordination with Health care team

Unit – II

Introduction to Hospital Policies and Procedures

- Hospital policies and procedures of health care organization
- Hospital departments/diagnostic available with HCO/services available and direct patient to accurate unit.
- Various schemes/ tariffs/discounts/promotions which can be advised to relevant patients/carer's or visitors in accordance with health care team
- Leaving policies of patient such as LAMA (Leave against medical advice etc.)

- Techniques to deal with cases such as thefts, misappropriation, report mix-ups, damage to property, abuse etc.
- Factors to establish and maintain peaceful environment in work area with all
- Various etiquettes while working with team
- Skills to assist supervisors for duty roster creation, skills to explain policies and procedures to others including patients.
- Importance of feedbacks in process improvement
- Understand need for compliance of organizational hierarchy; legal and ethical issues and criticality of Medico Legal Cases; importance of team work and how to facilitate it;
- Risks to quality and safety if you do not keep up to date with best practice.

Unit- III

Quality in Healthcare – Service and Medical Quality

- Various standards of NABH and their implications for quality control and quality assurance
- Quality assurance and quality control
- Quality control and assurance tools which can be utilized for effective functioning
- Risk assessment process
- Patient behaviour and psychology
- Patient's rights and responsibilities applicable to work area
- Self-role in maintaining patient's rights
- Maintain conducive environment in Emergency Situations
- Things necessary to make the patient feel safe and comfortable
- Impact of comfort on one's health
- Importance and methodology of cleanliness, and hygiene environment
- Prepare patient for admission, discharge and referral services

Unit -IV

- TPA operations and Cash Management
- Fundamentals of accounting
- Finance and credit management applicable to healthcare industry
- Different modes of Payment utilized in healthcare industry and process flow of cash/payment modes
- Check and coordinate to determine authenticity of payment received
- Various TPA/Insurance services available in the country/ National Health Insurance Scheme and applicable beneficiaries
- Regulatory bodies/process and compliance to receive foreign currency as a part of payment process
- Various international currencies and their values in terms of INR
- Customer Service Excellence and Patient Satisfaction
- Identify needs of the patients/carers to find resolution

References:

1. Nutrition and child development by Dr. Rajwinder K. Randhawa.
2. Nutrition & Dietetics by Kumed Khanna.
3. Therapeutic Nutrition by B. Srilakshmi.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV)
Nutritional Biochemistry
Session: 2021-2022
(Theory)

Course code: BVNM:4285

Course Outcome:

CO (1): To Understand the knowledge of Classification and properties of bio molecules.

CO (2): To Understand the concept of Intermediary Metabolism of Carbohydrates, Proteins and lipids

CO (3): To review the knowledge of Enzymes, Hormones and Inborn errors of metabolism

CO (4): to Understand the Concept of Vitamins, Minerals and Antioxidants

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– IV)

Nutritional Biochemistry

Session: 2021-2022

(Theory)

COURSE CODE: BVNM -4285

Time:3Hours

L-T-P

Practical:20

Max. Marks:100

Theory:60

CA: 20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Each question carry 12 marks.
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

UNIT - I

1. Classification and properties of biomolecules:
 - Carbohydrates- Classification and importance of Monosaccharide, Disaccharides and Polysaccharides (without structures)
 - Classification of lipids (without structures)
 - Classification of amino acids and proteins- Essential and non-essential amino acids (without structures)

UNIT- II

2. Intermediary Metabolism: Overview (no structures)
 - Carbohydrates- Glycolysis, Gluconeogenesis, TCA cycle.
 - Proteins- Urea cycle
 - Lipids- β -oxidation and de novo synthesis of fatty acids, ketone bodies

UNIT-III

3. Enzymes:
 - Definition and classification of enzymes; Coenzymes
 - Factors affecting enzyme catalysis
4. Hormones:
 - Introduction to hormones
 - Mechanism of hormone action; Biological role of Insulin and Glucagon

UNIT- IV

5. Vitamins: Vitamins- Biochemical role
 - Fat soluble vitamins – A, D, E & K
 - Water soluble vitamins – (B1 and B2 only) and C

6. Minerals (elementary aspects):

- Macrominerals– Calcium, Sodium, Potassium, Magnesium
- Microminerals– Iron, Copper, Zinc, Iodine.

References:

- Berg JM, Tymoczko JL and Stryer L. (2002) Biochemistry 5th ed. W.H. Freeman.
- West ES, Todd WR, Mason HS and Van Bruggen JT: Textbook of Biochemistry, 4th Ed. Amerind Publishing Co. Pvt. Ltd.
- Murray RK, Granner DK, Mayes PA and Rodwell VW, (2003) Harper's Illustrated Biochemistry, 26th ed. McGraw-Hill (Asia).
- Nelson DL and Cox MM. (2005) Principles of Biochemistry, 4th ed. Freeman and Company.
- Voet D and Voet JG. (2004) Biochemistry 3rd ed. John Wiley and Sons.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

Nutritional Biochemistry

(Practical)

COURSE CODE: BVNM:4285

Course Outcome:

CO (1): To knowledge about Qualitative analysis of monosaccharide, disaccharide and polysaccharide.

CO (2): To knowledge about Quantitative estimation of glucose.

CO (3): To knowledge about test the reaction of protein fats and carbohydrate in bread, milk and egg.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)
Nutritional Biochemistry
(Practical)

Course code: BVNM: 4285

Time:3hrs

Marks:20

CONTENTS:

1. Qualitative analysis of monosaccharide, disaccharide and polysaccharide.
2. Quantitative estimation of glucose.
3. To test the reaction of protein fats and carbohydrate in bread, milk and egg.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

Meal management

Session: 2021-2022

(Theory)

COURSE CODE: BVNM - 4286

COURSE OUTCOME

Upon Completion of this Course the student should be able to

- CO (1): To understand the concept of recommended dietary allowances, food groups, exchange list and balanced diet.
- CO (2): To discuss principal of meal planning and nutritional requirements of men and women with different conditions
- CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.
- CO (4): To understand the nutritional requirement during infancy.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

Meal Management

(Theory)

COURSECOD:BVNM-4286

Time:3Hours

Max. Marks:100

L-T-P

Theory:60

2-0-2

Practical:20

CA:20

INSTRUCTION FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section. Each question carry 12 marks.
- The fifth question may be attempted from any Section.

COURSE CONTENT:

Unit-I

- Balanced diet: Concept of Balanced Diet, Food Groups, Exchange Lists.
- Definition and Objectives of RDA, RDA for different age groups. (ICMR). Calorie consumption units in planning meals for a family.

Unit-II.

- Meal planning: Introduction and Principles of Meal planning.
- Nutritional requirement for adult male & female, Sedentary, moderate & heavy worker.

Unit-III

- Physiological changes and nutritional requirement during pregnancy and lactation.
- Physiological changes during old age and meeting their nutritional requirements.

Unit- IV

- Growth development, food habits and nutritional requirement of preschoolers, school going children & adolescent boy and girl.
- . Growth & development and nutritional requirement during infancy breast feeding/vs bottle feeding and weaning.

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College:1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay EasternLtd.1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised&enlarged)B.app C-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons.1979.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

SESSION: 2021-22

**MEAL
MANAGEMENT
(Practical)**

COURSE CODE: BVNM-4286

COURSE OUTCOME:

- CO (1): To understand the concept of Standardize Proportion Size.
- CO (2): To discuss meal planning and nutritional requirements of men and women with different conditions
- CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.
- CO (4): To understand the nutritional requirement during infancy with their Calculations.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

SESSION: 2021-22

**MEAL
MANAGEMENT
(Practical)**

COURSE CODE: BVNM- 4286

Time:3Hours

Max. Marks:20

Note:

- Paper will be set on the spot by the examiner
- Planning of diet
- Cooking of 2 dishes from the diet plan
- Viva
- Files

1. Cook following dishes for different meals. Standardize portion size and calculate their nutritive value.

- Breakfast dishes- Stuffed Paranthas, Pancakes, Poha, Dalia etc.
- Lunch & Dinner dishes- Main Dishes- Dal, Channa, Rajmah, Koftas etc., Rice- Pulaos, Paneer dishes, Side dishes, Dry. Vegetables, Stuffed Vegetables etc. Dessert - Puddings, Kheer etc. Salads, Soups etc.
- Evening Sweet & Salty snacks - at least 5 each.

2. Plan balanced diet for the following age groups calculating calories, protein, one important vitamin and mineral as per requirement for the given age group.

- (a) Infancy-Weaning foods
- (b) Pre-schooler
- (c) School going child.
- (d) Adolescent girl and boy
- (e) Adult male and female (sedentary moderate and heavy worker)
- (f) Pregnant and lactating Women

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)

(Session: 2021-22)

INTERNSHIP

(Practical)

COURSE CODE: BVNI -4287

COURSE OUTCOMES:

CO1. To understand about roles and responsibilities of diabetes educator

CO2. To get the concept of first aid and emergency medical response.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)
(Session: 2021-22)
INTERNSHIP
(Practical)

COURSE CODE: BVNI -4287

Time:3Hours
L-T-P
0-0-3

Max. Marks:100
Practical:100

- Internship of any of the multi specialty Hospital for a min. period of 30 days as diabeticeducator.

**Bachelor of Vocation (Nutrition Exercise & Health) (Semester– IV)
(Session: 2021-22)**

SOCIAL OUTREACH PROGRAMME AUDIT COURSE (Value Based)

Course Title: Social Outreach Programme

Course Duration: 30 hours

Course intended for: Semester IV students of undergraduate degree programmes of all streams.

Course Credits: 2

Course Code: SECS- 4522

Course Description:-

The Social outreach programme proposes to equip the students for community upliftment work.

It will strive to prepare citizens who will make a marked difference in the society. The students

will be provided with numerous opportunities to build their knowledge and skills on the fundamental values of social fairness and compassion.

The programme will focus on integrating academic work with community services. It will equip the students to learn to connect knowledge gained in classroom with real life situation by getting hands on experience through community services. It will also foster the development of civic responsibility. The students will get an opportunity to

- Engage in social service.
- Reflect upon larger issues that affect communities through readings and discussions.
- Integrate academic learning and community engagement through practical field work.
- Develop awareness, knowledge and skills for working with diverse groups in the society.

Expectations:-

The students are expected to be actively engaged in working on any of the projects listed below as volunteers. Evaluation will be based on consistency, commitment and results achieved in areas taken up.

List of Projects under Social Outreach Programmes:

- Working as Motivators under the Swatch Bharat Campaign of the Government,
- Literacy drive : (i). Teaching in the Charitable School Adopted by the College
(ii). Work in projects undertaken by Rotary Club of Jalandhar.

For inducting students in child labour Schools.

- Enroll as NSS Volunteers for various projects (Cleanliness, Women health awareness)
- Counseling camps in villages
- Tree plantation (i) Maintaining the trees in the park adopted by the college
. in Vikas Puri, Jalandhar
(ii) Enroll for projects undertaken by JCI Jalandhar City
- Enroll in the Gandhian Studies Centre as student Volunteer for surveys in villages.
- Women Empowerment Programmes in collaboration with JCI Jalandhar Grace
- Generating awareness on voting among the youth.
- Drug Abuse (Generate awareness among the school children)
- Environment Awareness (Reduce Pollution)
- Old Age Homes/Orphanages
- Operating the Empathy Corner outside the college gate.
- Disaster Management/Relief Work

Evaluation /Assessment:

In the beginning of the semester the students after enrolling for one of the Projects offered will be given deadlines for the project.

- Students will be responsible for getting their hours of service recorded with the faculty and also map the progress of their subjects (children, old people, saplings etc.) .
- The respective departments will monitor the involvement of their students
- The students will submit a report of the project taken up by them.
- There will be no written examination, The students will be given grade on the basis of evaluation of the projects by an evaluation committee, comprising of the Dean of the respective streams, Head and two teachers of the concerned department.
- Total Marks: 25 Project : 20

Internal Assessment :05

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME
Bachelor of Vocation (Nutrition, Exercise & Health)
(Session: 2021-2022)
(Credit Based Continuous Evaluation Grading System)
Semester V

Course code	Course Titles	Course Type	Credits L-T-P	Marks				Examination time (in Hours)
				Total	Ext. L	P	CA	
BVNL-5101	Soft skills and Communication	C	4-0-0	50	40	-	10	3
BVNL-5282	Fundamentals of Dietetics	S	4-0-0	100	80	-	20	3
BVNL-5283	Duty manager	S	4-0-0	100	80	-	20	3
BVNL-5284	Introduction to Sports Nutrition	C	2-0-0	100	80	-	20	3
BVNM-5125	Computer (Internet Applications)	S	1-0-1	50	25	15	10	3+3
BVNM-5286	Extension education and AV Aids	C	1-0-1	100	60	20	20	3+3
BVNM-5287	Food Service management	S	2-0-2	100	60	20	20	3+3
BVNM-5288	Diet therapy and applied nutrition	S	2-0-2	100	60	20	20	3+3
BVNP-5289	Cafeteria	C	0-0-2	50	-	40	10	3
SECI-5541	*Innovation, Entrepreneurship and Creative Thinking	C	0-0-2	25	20	-	5	3
Total			30	750				

C- Compulsory

S- Skill based

*Grade points and grades of these courses will not be included in SGPA/CGPA of semester.

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester V)
Session: 2021-22

SOFT SKILLS AND COMMUNICATION
(THEORY)

COURSE CODE: BVNL-5102

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: enhance their communication skills

CO2: learn techniques to organize ideas for email writing and handling responses

CO3: identify problems and be equipped with problem solving skills

CO4: imbibe and practice leadership skills

CO5: develop the ability to communicate through situational dialogues and telephonic Conversations.

**BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester V)
Session: 2021-22**

**SOFT SKILLS AND COMMUNICATION
(THEORY)**

COURSE CODE: BVNL-5101

Time: 3 Hours

**Max. Marks:50
Theory:40
Continuous Assessment:10**

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections. The candidate will have to attempt five questions in all selecting one from each section and the fifth question from any of the four sections. Each question will carry 8 marks.

Section-A: Two questions will be set from Unit I.

Section-B: Two questions will be given to the students based on Unit II.

Section-C: Two questions will be given from Unit III.

Section-D: Two questions will be set from Unit IV.

(8 x 5 = 40)

Unit I

1. Telephone etiquette
2. E-mail etiquette

Unit II

3. Overcoming barriers in communication
4. Situational dialogues

Unit III

5. Body language: Non-verbal communication
6. Leadership and Communication

Unit IV

7. Handling Social Media
8. Evaluate and apply communication to gain efficiency

Prescribed readings:

1. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2021-20)
Fundamentals of dietetics
(Theory)
Course code: BVNL -5282

COURSE OUTCOMES

- (CO)1.To gain the knowledge about Indian dietetic association and its membership.
- (CO)2. To gain insight into objectives and concept of therapeutic diet.
- (CO)3. To develop adaptations of normal diets into therapeutic diets.
- (CO)4. To understand the concept about hospital dietary department and patient education.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)

(Session 2021-22)

Fundamentals of Dietetics

(Theory)

Course code: BVNL -5282

Time:3Hrs.

L-T-P

4-0-0

Max.Marks:100

TheoryMarks:80

CA:20

INSTRUCTIONS FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set, two in each of the four sections (A-D). Questions of sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any section.

Unit I

Indian dietetic association: History of dietetics origin of the association, membership and registration Board.

Unit II

Dietician: Definition, Qualification, classification, responsibilities, Code of Ethics and Obligations, Dietician in India (Present Status). Dietetics: classification of foods & preparation of normal diets Principles in formulation of therapeutics diets and classification and factors to be considered for therapeutic diets.

Unit -III

Regular hospital Diet and Types: Standard hospital diets suitable for general, maternal, child and specialty hospital and modification of normal diets in consistence and nutrients.

Unit VI

Hospital dietary department: its role in patient care, organization of the dietary department and role of health team members in patient care.

Dietary Prescriptions: Patient education, counseling at dietary clinics and follow up.

REFERENCES:

Anderson L., M. V. Dibble, P. R. Turkki, H. S. Mitchell and H. J. Rynbergen Nutrition in Health and Disease, 17th ed., J. B. Lippincott Co., Philadelphia, 1982.

Antia F. P.: Clinical Dietetics and Nutrition, 3rd ed., Oxford University, Press, Delhi, Reprinted in 1989.

Bennion M.: Clinical Nutrition, Harper and Row Pub. New York, 1979.

Frances, D. E. M.: Diets for sick children, Blackwell Scientific, Publications, 1974.

Hui, Y. H.: Human Nutrition and Diet Therapy, Wadsworth Health ScLDivs. 1983.

Karran, S. J. and K. G. M. M. Alberti (ed): Practical Nutritionsl Support, John Wiley and Sons. Inc. N. Y. 1980.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2021-22)

Duty Manager

(Theory)

Course code: BVNL -5283

Course outcomes:

(CO)1.To gain the knowledge about health care and referral system of India.

(CO)2. To gain insight into objectives and concept of Quality in health care service.

(CO)3. To develop the knowledge about fundamentals of accounting.

(CO)4. To understand the concept about fire safety, security , hand hygiene , grooming, biomedical waste management and hospital management system.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2021-22)

Duty Manager
(Theory)

Course code: BVNL -5283

Time:3Hrs.
L-T-P
4-0-0

Max.Marks:100
TheoryMarks:80
CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set; two in each of the four Sections(A-D).Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceedingfour).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section

CONTENTS:

Unit -I

Health disease and well being.
Referral system of India.

Health care system :Primary , secondary and tertiary system
Program and national health policy .
Personnel management

Unit -II

Quality in health care service and medical quality :Various standards about NABH ,Quality control and quality assurance ,Patient behaviour and psychology .
Safety and first aid.

Unit- III

Infection control and prevention :Understanding the concept of hand hygiene, Develop techniques of self grooming and maintenance .
Fundamentals of accounting : basic principles of accounting ,how to conduct analysis of financial statements , common size and ratio analysis.

Unit -IV

Hospital administrationworkrules: Turnaroundtime(TAT), external and internal audit process with respect to various disciplines such asNABH.
Fire safety and security : emergency codes, how to use fire extinguisher
Biomedical waste management :

Hospital management system : various characteristic of hospital management system , basic functioning of hospital management system , maintain database of patients and visitors.

References:

Bennion M.: Clinical Nutrition, Harper and Row Pub. New York, 1979.

Frances, D. E. M.: Diets for sick children, Blackwell Scientific, Publications, 1974.

Hui, Y. H.: Human Nutrition and Diet Therapy, Wadsworth Health ScLDivs. 1983.

Karran, S. J. and K. G. M. M. Alberti (ed): Practical Nutritionsl Support, John Wiley and Sons. Inc. N. Y. 1980

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session :2021-22)

**Introduction to Sports Nutrition
(Theory)**

COURSE CODE: BVNL-5284

Course outcomes:

CO1. To develop the knowledge about concept of sports Nutrition .

CO2. To understand the knowledge about carbohydrate , fat and protein intake during exercise.

CO3. To develop the knowledge about concept of energy balance and energy requirement in athletic performance.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session :2021-22)

**Introduction to Sports Nutrition
(Theory)**

COURSE CODE: BVNL-5284

Time:3Hrs.

L-T-P

2-0-0

Max.Marks:100

TheoryMarks:80

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any section.

CONTENTS :

UNIT-I

Macronutrient need of team sport athletes:

Carbohydrate Intake and performance: Type; and function of Carbohydrate and its utilisation in the body; Type, timing and quantity of carbohydrate intake in training; Food sources from different types of carbohydrate; Pre, during and post event/training intake

Fat Intake and performance: Function of fat and its utilisation in the body; Intensity of training impacting fat utilisation; Type, timing and Quantity of fat intake in training; sources of fat; pre, during and post event/training intake,

Protein Intake and performance: Type and Quality of protein and its utilisation in the body; Specific role of amino acids for performance; sources of protein; pre, during and post event/training intake

UNIT-II

Macronutrients and Energy balance

Energy balance concept for athletic performance: Contribution of macronutrients to Energy; Factors affecting energy expenditure (age, gender, ethnicity, level of training, training intensity, type of sport and phase of training); Energy balance; Consequences of Energy imbalance in performance.

Contribution of Resting metabolic Rate, Thermic effect of food and Exercise and Non-exercise activity thermogenesis (NEAT) towards energy expenditure

UNIT-III

Use of Nutritional supplements

Macro nutrient supplements: Pure protein (eg; whey, casein, egg albumen, soy protein, pea protein) & protein bars and weight gainers

Amino acid supplement: Glutamine, Arginine

Carbohydrate supplement &EFA,s: Glycerol, Meal replacement powders, ready to drink protein shakes (RTD),

Sports drink & sports gels

Micronutrient supplements:

Benefits, mechanism and application of:

Vitamins: ergogenic role of vitamin B complex vitamins, vitamin B12, Folic acid, vitamin D supplements, multivitamin supplements

Mineral supplement: Magnesium, iron supplements, electrolyte replacement drinks,

Antioxidant vitamin & mineral supplements

UNIT-IV

Nutrient periodization, meal timing and hydration among athletes

Nutrient periodization and Meal timing: Importance of periodisation and meal timing related to the type of training; Importance of timing of carbohydrate intake; Type of carbohydrates and proteins beneficial for maximum refueling post exercise sessions; Gender differences in carbohydrate, protein and fat refueling strategies.

Dehydration: Causes; Symptoms and its effects on cardiovascular system and muscle metabolism.

Hydration strategies: Beverage composition and formulation (isotonic, hypotonic and hypertonic); Only fluid versus fuelling with other macronutrients and electrolytes for exercise benefits; Factors that influence fluid intake; Gastric emptying and absorption of fluids; Beverage palatability and fluid intake.

References:

Sports nutrition by Nancy clark, MS,RD.

Health education and sports nutrition by Dr. Lalita ishwarnpunnya

Sports nutrition : A handbook for professionals by christine karpinski , PhD,RD,CSS.

Bachelor of Vocation
(Nutrition Exercise & Health) (Semester-V)

Internet Applications
Course code: BVNM- 5125

Course Outcomes:

After successful completion of this course, students will be able to:

CO1: understand working of internet, services it offers

CO2: communicate via email effectively and manage email accounts efficiently

Bachelor of Vocation
(Nutrition Exercise & Health) (Semester-V)

Internet Applications
Course code: BVNM- 5125

Time: 3 Hours
L-T-P: 1-0-1

Maximum Marks: 50
Theory: 25,
Practical: 15
CA-10

Instructions for the Paper Setter

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section

Course Contents

UNIT –I

Introduction to Internet & its working, Business use of Internet, Services offered by Internet

UNIT-II

Introduction to email, Advantages and disadvantages, structure of email message, working with email (sending and receiving messages), Managing email (creating new folder, deleting messages, forwarding messages, filtering messages)

UNIT-III

World wide web(www): Introduction, working and web browsing, DNS & IP addressing

UNIT-IV

Search engine: Introduction, Components and working of search engine.

Bachelor of Vocation
(Nutrition Exercise & Health) (Semester-V)

Internet Applications
Course code: BVNM- 5125

(Practical)

Instruction to the Practical Examiner: Paper will be set on the spot by the examiner based on the content in the syllabus.

Books Recommended:

1. Windows Based Computer Courses, Rachhpal Singh & Gurvinder Singh.
2. Information Technology, Hardeep Singh & Anshuman Sharma.
3. Office Complete, BPB Publications.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session: 2021-22)
Extension education and AV Aids
(Theory)
COURSE CODE: BVNM-5286

Course outcomes:

- (CO)1. To understand the knowledge about communication skills and its functions.
- (CO)2. To gain the knowledge about audio visual Aids.
- (CO)3. To develop the knowledge about programme planning.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)

(Session: 2021-22)

Extension education and AV Aids

(Theory)

COURSE CODE: BVNM-5286

Time:3Hrs.

L-T-P

2-0-2

Max.Marks:100

TheoryMarks:60

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

UNIT-I

Communication-definition, importance process model, scope, function and problem in communication.

UNIT-II

Selection of channel and teaching tools.
Feedback in communication.

UNIT-III

Audio-visual Aids – Meaning, types, choice planning and selecting theme, layout and design. Brief introduction of commonly used aids, posters, charts, flipcharts, exhibition, power- point presentation, bulletin, puppet, drama & talks, power-point presentation.

UNIT-IV

Programme planning – meaning and principles.
Development & plan of work, importance format & elements, selection of subject matter

Reference Book :-

1. Education and Communication for development by O.P. Dhama and O.P.Bhatnagar13

Bachelor of Vocation (Nutrition, Exercise & Health)(Semester –V)
(Session :2021-22)

**Extension education and AV Aids
(practical)**

COURSE CODE: BVNM-5286

Course Outcomes:

(CO)1. To enable them to make posters, templates, flashcards, pamphlets and PowerPoint presentation.

(CO)2. To gain the knowledge about how to prepare lesson plan.

(CO)3. To gain the knowledge about field visits and imparting extension education to rural people.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session :2021-22)

**Extension education and AV Aids
(Practical)**

COURSE CODE: BVNM-5286

Time:3 hours

Marks: 20

Note: - Paper will be set on the spot by the examiner.

1. Preparation of Visual Aid. Posters, charts, flash cards, pamphlets, power-point presentation.
2. Prepare a lesson plan on any subject matter to impart knowledge to the rural people.
3. Field visit to imparting extension education to rural people, submit the report that will be judged by the external examiner.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2021-22)

**Food service
management (Theory)**
Course code: BVNM -5287

COURSE OUTCOMES :

(CO)1. To gain in depth knowledge of food service management .

(CO)2. To understand basic managerial skills.

CO3. To develop the knowledge about meal planning in institution , menu types and standardization of common food preparation.

CO4. To understand the knowledge about management, organization and communication process and method.

CO5. To develop the knowledge about personnel management, methods of recruitment, welfare provision for employees- health, safety and recreation.

CO6. To understand the knowledge about types of equipment, kitchen unit, storage units, serving units and dishwashing.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2021-22)

FOOD SERVICE MANAGEMENT

(Theory)

Course code: BVNM -5287

Time:3Hrs.

L-T-P

2-0-2

Max.Marks:100

TheoryMarks:60

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section

CONTENTS:

Unit I:

Introduction to Food Service Systems and catering industry: Evolution of the food service industry. Types of Services as affected by changes in the environment.

1. Hospital food service as a specialty–
2. Characteristics, rates and services of the food production of the various
3. Types of food service units – Canteens, Hostels, Hospitals and Restaurants. Role of kitchen Dietitian.

Principles of Institutional food Management: Management functions

Management tools: Tangible, Intangible tools

Unit II:

Organizations – Types of organizations and characteristics. Organizational charts. **Catering Management** – Definition, Principles and Functions, Tools of

Human Resource Management: Employment procedures: Recruitment Selection, Induction, Employee Benefits, Job description, Job specifications, Job evaluation, and Personnel appraisal. Training and Development

Unit III:

Financial Management: Elements of Financial management, Budget Systems and accounting, Budget preparation, Cost concept, cost control and pricing.

Legal Aspects: Labor Laws, Welfare policies and schemes for employees

Space Organization: Space requirements for kitchen and service areas, Types of Kitchens, Layout of service areas

Unit IV:

Equipment: Types of equipment, Selection of equipment, Maintenance of equipment.

Time and Energy Management: Importance of time and energy management, Types of energy,

Measures for utilization and conservation

Purchase and store room management – Purchase systems, specifications, food requisition and inventory systems, Record keeping

REFERENCES:

1. Ronald kinton and victor cesarani (1992), 'thetheoryof Catering', Bulter and Tanner Ltd., FranceandLondon.
2. Mohinisethi and surjeet Mohan (1993), catering management– An integrated approach, second edition, wiley esteem limited, NewDelhi.
3. Food Service in Institutions–Wood
4. Food Service in Institutions – West, Bessin,Brooks.
5. Handbook of Food Preparations – A.M. Home EconomicsAssociation.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session: 2021-22)

**Food service management
(Practical)
COURSE CODE: BVNM-5287**

Course outcomes:

- CO1. To develop the knowledge about standardization and cost calculation of recipes.
- CO2. To enhance the supervising quality of a student in which they have to plan cafeteria and calculate its cost.
- CO3. To gain the knowledge about market survey of food service equipment.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
FOOD SERVICE MANAGEMENT

(Practical)

Course code :BVNM-5287

Time:3Hrs.

Max. Marks:20

CONTENTS:

Market survey of Food service equipment.

Layout analysis of Kitchens of different food service Institutions.

Standardizing recipes for 100 servings/ persons

Cost analysis of menus in

-College canteen

-Hostel mess

-Hospitals (private, charitable, govt.)

Cafeteria (To be evaluated internally by a committee of three teachers.)

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2021-22)

**Diet Therapy and Applied Nutrition
(Theory)**

COURSE CODE: BVNM-5288

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To knowledge about principles of therapeutic diets.

CO2. To develop the knowledge about diet in metabolic and chronic disorder – diabetes , gout, cardiovascular disease.

CO3. To develop the knowledge about nutrition and cancer.

CO4. To develop the knowledge about AIDS and skin disease.

CO5. To develop the knowledge about Drug – Nutrient interaction.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session 2021-22)

**Diet Therapy and Applied Nutrition
(Theory)**

COURSE CODE: BVNM-5288

Time:3Hrs.

L-T-P

2-0-2

Max.Marks:100

TheoryMarks:60

CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

UNIT -I

Drug – Nutrient interaction.

1. Principles of therapeutic diets.

Introduction – Intravenous feeding, soft, liquid and post operative feedings.

Modifications of Diet. Surgical conditions.

Diets in Fever and Infections–Types, metabolism in fevers, general dietary considerations.

Diet in Typhoid, Tuberculosis

Calories – Under nutrition, over nutrition.

UNIT-II

Gastro intestinal diseases – Peptic ulcer spastic and stomic constipation, diarrhoeas, Ulcerative colitis–symptoms and dietary treatment, Sprue-coeliac diseases, Lactose intolerancedietarytreatment

Liver disease – jaundice, cirrhosis and hepatic coma, gall bladderdisease(cholecystites and chololithesis,andpancreatitis)

Kidney disease – Nephritis, nephrotic syndrome acute and chronic renal failure,Urinary calculi kidney failure and Dialysis

UNIT-III

Chronic disorder like gout.

Cardiovascular disease – Hypertension and heart disease (Artherosclerosis,Hyperlipidemia)

Elimination diets in allergy.

UNIT-IV

Obesity and its management

Nutrition and Cancer.

Nutrition and AIDS and skin diseases.

Books Recommended:

- (i) Davidson and Passmor – Human Nutrition and Dietetics.
- (ii) Whole and Good Heart – Modern Nutrition in Health and Disease.
- (iii) Cooper, Barber and Micholl – Nutrition in health and disease.
- (iv) Anita – Nutrition in health and disease

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)

(Session : 2021-22)

Diet therapy and applied nutrition

(Practical)

COURSE CODE: BVNM-5288

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about planning, preparation and serving diets for all the conditions.

CO2. To develop knowledge functioning of hospital in patient care and to plan diet for different patients.

CO3. To develop the knowledge of preparing innovative recipes for therapeutic conditions such as diabetes, hypertension.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester –V)
(Session : 2021-22)

**Diet Therapy and Applied Nutrition
(Practical)**

COURSE CODE: BVNM-5288

Time:3 hours

Marks:20

As related to theory planning preparation and serving diets for all the conditions mentioned in the theory keeping in mind the economic, regional and cultural factors. Family nutrition counseling.

Innovation of at least 2 recepies for therapeutic conditions e.g. diabetes, hypertension etc.

As related to theory planning preparation and serving diets for all the conditions mentioned in the theory keeping in mind the economic, regional and cultural factors. Family nutrition counseling.

Innovation of at least 2 recepies for therapeutic conditions e.g. diabetes, hypertension etc.

Bachelor of Vocation Nutrition, Exercise & Health (Semester –V)
(Session :2021-22)

Cafeteria (practical)

COURSE CODE: BVNP-5289

Course outcomes:

Upon Completion of this Course the student should be able to

CO1. To knowledge about preparation of recipes suitable for cafeteria.

CO2. To develop the knowledge about standardization and cost calculation of recipes selected for cafeteria.

CO3. To enhance the supervising quality of a student in which they have to plan cafeteria and calculate its cost.

Bachelor of Vocation Nutrition, Exercise & Health (Semester –V)
(Session :2021-22)

Cafeteria (practical)

COURSE CODE: BVNP-5289

Time:3 hours

Max. Marks: 50

CA: 10

INSTRUCTION FOR THE PAPER SETTER: There will be eight questions in all.
Question no. One will be compulsory: students will attempt five questions in all.

CONTENTS

1. Bulk Cooking for atleast25persons.
2. Students have to cook min. 4dishes.
3. The cooking should be Themebased.

Bachelor of Vocation Nutrition, Exercise & Health (Semester –V) (Session :2021-22)

INNOVATION, ENTREPRENEURSHIP AND CREATIVE THINKING

Course Title: Innovation, Entrepreneurship And Creative Thinking

Nature of Course: Audit Course (Value-added)

Course Duration: 30 hours

Course intended for: Semester V students of undergraduate degree programme of-

B.A. (Pass Course) B.A. (JMC)

B.Sc. (Medical)

B.Sc. (Non-Medical)

B.Sc. (Computer Science)

B.Sc. (Agriculture)

B.Sc. (Economics)

B.Sc. (Home Science)

B.Sc. (Fashion Designing)

B.Voc. (Animation)

B.Voc. (Retail Management)

B.Voc. (Management & Secretarial Practices) B.Voc. (Textile Design & Apparel Technology) B.Voc. (Nutrition, Exercise & Health)

B.Voc. (Beauty & Wellness)

B.Voc. (Hospitality and Tourism)

B.Voc. (Artificial Intelligence & Data Science)

Course Credits: 2 (For credit based continuous evaluation grading system) Course Code: SECI-5541

Objectives of the Course:

It is a distinctive and innovative programme structured to prepare the students professionally for meaningful social engagement by setting new patterns and possibilities for employment generation through innovations and entrepreneurship. The purpose of the course is to help students acquire necessary knowledge and skills required for carrying out innovative and entrepreneurial activities, and to develop the ability of analyzing and understanding business situations.

Learning Outcomes:

On successful completion of this course, students will be able to:

- ⊗ assess and analyze entrepreneurship as a career choice,
- ⊗ develop creative and innovative skills,
- ⊗ analyse the business environment in order to identify business opportunities,
- ⊗ consider the legal and financial conditions for starting a business venture,
- ⊗ explain the importance of marketing and management in small businesses venture,

- ⊗ develop a business idea into a comprehensive and highly scalable business model,
- ⊗ design a successful business plan and launch their product or service in the market
- ⊗ understand personal creativity, identify what are the creative tools and improve their creative problem-solving skills.

CURRICULUM

Course Code: SECI 5541 Course Credits: 2

Total contact hours: 30

Module	Title	Hours
I	Introduction to Entrepreneurship	3 Hrs
II	Creativity & Innovation	3 Hrs
III	Entrepreneurial Competencies	3 Hrs
IV	Management Skills & Functions	3 Hrs
V	Business Opportunity Identification & Market Analysis	3 Hrs
VI	Business Plan Preparation	3 Hrs
VII	Business Model Canvas	3 Hrs
VIII	Start-Up Financing & Launching	3 Hrs
IX	Workshop on Design Thinking	4 Hrs
X	Final Assessment Feedback and Closure	2 Hrs

- Total Marks: 25 (Final Exam: 20; Internal Assessment: 5)
- Final Exam: Multiple Choice Questions: Marks- 20; Time: 1 hour
- Internal Assessment: 5 (Assessment: 3; Attendance:2)

A comprehensive multiple-choice quiz at the close of the programme. Marks: 3;

Time: 0.5 hour (30 minutes).

- Total marks: 25 converted to grade for final result.

Kanya Maha Vidyalaya, Jalandhar
(Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR
DEGREE PROGRAMME
Bachelor of Vocation (Nutrition, Exercise & Health)
(Session 2021-2022)
(Credit Based Continuous Evaluation Grading System)

Semester VI

Course code	Course type	Course Titles	Credits L-T- P	Max Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 6281	S	Nutrition and Fitness	4-0-0	100	80	-	20	3
BVNL- 6282	S	Food Safety	4-0-0	100	80	-	20	3
BVNL-6283	C	Pediatric Nutrition	4-0-0	100	80	-	20	3
BVNM- 6104	C	Soft Skills and Communication	2-0-2	50	25	15	10	3+3
BVNM-6285	S	Therapeutic Nutrition	2-0-2	100	60	20	20	3+3
BVNM- 6286	S	Quantity Food Production	2-0-2	100	60	20	20	3+3
BVNM-6127	S	Computer (Database Concepts)	1-0-1	50	25	15	10	3+3
BVNI-6288	C	Internship	0-0-4	100	-	100	-	3
		Total	30	700				
	C- Compulsory S- Skill Enhancement							

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

Session: 2021-22

Nutrition and Fitness

(Theory)

COURSE CODE: BVNL -6281

COURSE OUTCOME

Upon completion of this course the student should be able to

CO (1)- To Understand the basic concept of fitness and its assessment.

CO (2)- To understand the role of nutrition in fitness.

CO (3)- To understand the nutritional guidelines for fitness and nutritional supplements.

CO (4)- To understand the importance of physical activity.

CO (5)- To understand the assessment, etiology and complications of overweight and obesity.

CO (6)- To understand the concept of fad diets.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

Session: 2021-22

Nutrition and Fitness

(Theory)

COURSE CODE: BVNL -6281

Time:3Hours

Max.Marks:100

Theory:80

CA:20

L-T-P

4-0-0

INSTRUCTION FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section. Each question carry 12 marks.
- The fifth question may be attempted from any Section.

Content:

Unit-I

Understanding Fitness

- Definition of fitness, health and related terms
- Assessment of fitness
- Approaches for keeping fit

Unit-II

Importance of nutrition

- Role of nutrition in fitness
- Nutritional guidelines for health and fitness
- Nutritional Supplements

Unit-III

Importance of Physical activity

- Importance and benefits of physical activity
- Physical Activity- Frequency, Intensity, Time and type with examples
- Physical Activity Guidelines and physical activity pyramid

Unit-IV

Weight Management

- Assessment, etiology, health complications of overweight and obesity
- Diet and exercise for weight management
- Fad diets
- Principles of planning weight reducing diets.

RECOMMENDED READINGS-

- Wardlaw,Smith,ContemporaryNutrition:A Functional Approach 2nd Ed .2012.McGrawHill.
- Williams Melvin,Nutrition for health,fitness and sports .2004.Mc Graw Hill.
- Joshi AS ,Nutrition and Dietetics 2010.Tata Mc Graw Hill

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

Session: 2021-22

Food Safety

(Theory)

COURSE CODE: BVNL -6282

COURSE OUTCOME

Upon completion of this course the student should be able to

CO (1)- To Understand the concept of food safety and hygiene.

CO (2)- To understand the concept of food borne illness and food hazards.

CO (3)- To understand the food laws and regulations (National as well as International).

CO (4)- To understand the design and implementation of food safety management system such as ISO, HACCP.

CO (5)- To understand the concept of food safety management.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

Session: 2021-22

Food Safety

(Theory)

COURSE CODE: BVNL -6282

Time:3Hours

Max.Marks:100

L-T-P

Theory:80

4-0-0

CA:20

INSTRUCTION FOR THE PAPER SETTER:

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section. Each question carry 12 marks.
- The fifth question may be attempted from any Section.

Content:

UNIT-I

- Introduction to Food Safety: Definition, Types of hazards and their impact on health ,biological, chemical, physical hazards ,and their control measures.Factors affecting food safety ,Hygiene.
- Food handling,Purchasing and Receiving Safe Food.
- Food-Important points to be observed for receiving various foods.
- Sanitary procedures while preparing ,cooking and holding food, Safety of left over foods ,Food Storage -Guidelines for storage of foods at various temperatures,Storage of Specific Foods.

Unit-II

- Food Borne Illness and Food Hazards
- Food Borne illnesses caused by Bacteria ,Virus and Parasites .Natural Toxicants in foods,Chemicals,Antibiotics,Hormones and Metal Contamination

Unit-III

- Food Safety Management; Basic Concept, Prerequisites-GHP's, GMP's, and SSOP's, HACCP ,ISO Series ,TQM-Concept and need for quality ,Components of TQM, Kaizen. Risk Analysis, Accreditation and Auditing.
- Safety concerns in food packaging: Principles in the development of safe and protective packaging, Product labelling, Nutritional Labelling and safety assessment of food packaging materials.

Unit-IV

- Food Laws and Standards : Indian Food Regime ,Global Scenario ,Other laws and standard related to food ,FPO,PFA,FSSAI,AGMARK,BIS,GRAS and permissible limits for chemical preservatives .
- Recent concerns in food safety: New and Emerging Pathogens. Genetically modified foods/Transgenic/ Organic foods. Newer approaches to food safety.

References:

Text books

- First Aid, CPR and AED, 5th ed. (2006). A. Thygerson, B. Gulli& J.R. Krohmer. Jones & Bartlett. ISBN: 0763742090

Suggested Books:

- Food Science & Nutrition-RodaySunetra, Oxford University Press
- Ali, Inteaz, Food Quality Assurance
- Hester and Harrison, Food Safety and Food Quality

Web Links:

- [https:// www.hanoverhornets.org/wp-content/uploads/2017/01/nutritionnotes-2.pdf](https://www.hanoverhornets.org/wp-content/uploads/2017/01/nutritionnotes-2.pdf)
- <https://download.nos.org/srsec321newE/321-E-Lesson-4.pdf>
- <https://testbook.com/blog/nutrition-and-deficiency-static-gk-notes-pdf-3/>
- <https://www.wasatch.edu/cms/lib/UT01000315/Centricity/.../exsci%20lecture%20notes.pdf>
- <https://academic.oup.com/nutritionreviews/article-pdf/45/.../nutritionreviews45-0319.pdf>

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)
Session: 2021-22
(Theory)
Pediatric Nutrition

COURSE CODE: BVNL-6283

COURSE OUTCOME

Upon completion of this course the student should be able to

CO (1)- To Understand the concept of anthropometric measurements.

CO (2)- To understand the concept of Childhood obesity; Underweight and Under nutrition.

CO (3)- To understand the Nutritional screening and nutritional status assessment of the critically ill.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)
Session: 2021-22
(Theory)
Pediatric Nutrition

COURSE CODE: BVNL -6283

Time:3Hours

Max.Marks:100

Theory: 80

L-T-P

CA:20

4-0-0

INSTRUCTION FOR THE PAPER SETTER:

□ Eight questions of equal marks are to be set; two in each of the four Sections (A- D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

□ Candidates are required to attempt five questions, selecting at least one question from each section. Each question carry 12 marks.

□ The fifth question may be attempted from any Section.

Contents:

Unit –I

- Paediatric nutrition. Paediatric nutrition assessment: Anthropometric measurements, Biochemical parameters, clinical and dietary data.
- Measuring, recording and plotting growth
- Normal nutrition for infants – requirements, importance of breast feeding, bottle feeding, commercial formulas, weaning foods, other family foods, physiology and care of the preterm infant.
- Nutritional considerations for LBW children and children with development disabilities. Nutrition in childhood; Growth and development; nutrient needs
- Assessment of nutritional status of children. Providing an adequate diet-Factors affecting food intake.

Unit -II

- Feeding the preschool child, the school-aged child.
- Nutritional concerns
- Childhood obesity; Underweight and Undernutrition- short term and long-term consequences in brief, Failure to thrive.
- Growth faltering and detection Mineral and vitamin deficiencies.
- Dental caries
- Allergies
- Attention-deficit hyperactivity disorder
- Neurological disease in children i.e. epilepsy (ketogenic diets)
- Pulmonary disease in children, cystic fibrosis.

Unit –III

Children and Gastrointestinal Disease

- Celiacdisease
- Colitis
- Constipation
- Crohn’sdisease
- Esophagitis
- Gallbladderdiseases
- Gastrointestinalbleeding
- Gastroparesis
- GERD, or gastroesophagealrefluxdisease
- Irritablebowelsyndrome
- Inflammatoryboweldisease
- Liverdisease
- Pancreaticdiseases
- Pepticulcers
- Shortbowelsyndrome

Unit -IV

- Nutritional Requirements- Water, Energy proteins, carbohydrate,Fats,Minerals, Vitamins
- Diet for later childhood andadolescent
- Nutrition Values of Indian Foods, Recipes.
- Complementaryfoods
- Inborn errors of Metabolism, Chronic Illness, Surgery, critically illchild.

References:

- Pediatric Nutrition bySurajGupte
- Nutrition and child development byKEE;izabeth
- Infant , child and adolescent Nutrition by judyMore.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)
Session-2021-22
SOFT SKILLS AND COMMUNICATION
Course Code: BVNM-6104

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: enhance interpersonal skills

CO2: learn the technique of video conferencing

CO3: develop the ability to write job application and resume

CO4: practise group discussion and develop interview skills

CO5: develop the ability to provide good customer service

BACHELOR OF VOCATION (NUTRITION, EXERCISE & HEALTH)
(Semester-VI)
Session-2021-22
SOFT SKILLS AND COMMUNICATION
Course Code: BVNM-6104

Time: 3hours(Theory)

Max. Marks: 50

3hours(Practical)

Theory: 25

Practical: 15

CA: 10

Instructions for the paper setters and distribution of marks:

The question paper will consist of four sections and distribution of marks will be as under:

Section-A: Two questions will be set from Unit I of the syllabus and the candidates will have to attempt one carrying 5 marks.

Section-B: Two questions will be set from Unit II of the syllabus. Candidates will have to attempt one carrying 5 marks.

Section-C: Two questions will be set from Unit III of the syllabus. Candidates will have to attempt one carrying 5marks.

Section-D: Two questions will be set from Unit IV of the syllabus. Candidates will have to attempt one carrying 5marks.

ImportantNote:

The candidate will have to attempt five questions in all selecting one from each section of the question paper and the fifth question from any of the four sections.

(5 x 5 = 25)

Unit I

1. InterpersonalSkills

Unit II

2. Service excellence in medicalsetup
3. Job application and ResumeWriting

Unit III

4. Video Conferencing

Unit IV

5. Group Discussion

6. Interview Skills

Recommended Books:

2. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

**Therapeutic Nutrition
(Theory)**

COURSE CODE: BVNM -6285

Course outcomes:

1. To gain insight into objectives and concept of therapeutic Diets
2. To develop adaptations of normal diets into therapeutic.
3. To understand the concept of therapeutic nutrition in different diseases infections and fevers.
4. To gain knowledge of dietary modifications and management techniques.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

Session: 2021-22

Therapeutic Nutrition

(Theory)

COURSE CODE: BVNM -6285

Time:3Hours

Max. Marks: 100

Theory:60

Practical:20

CA:20

L-T-P

2-0-2

INSTRUCTION FOR THE PAPER SETTER:

□ Eight questions of equal marks are to be set; two in each of the four Sections (A- D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).

□ Candidates are required to attempt five questions, selecting at least one question from each section. Each question carry 12 marks.

□ The fifth question may be attempted from any Section.

Content:

Unit-I

- Basic concept of Therapeutic diet - meaning, importance, objectives, Therapeutic adaptations of the normal diet.
- Nutrient and drug interaction. Effect of drug therapy on intake, absorption and utilization of nutrients.

Unit-II

- Nutrition in Diabetes Mellitus-Type 1'setiology, symptoms metabolic changes, lifestyle modification, Dietary management, Hypoglycemic agents, Medication, Insulin therapy, Acute Complication of diabetes.
- Nutrition in obesity - assessment of obesity, Hazards of obesity, etiology, nutritional management and other approaches. Brief knowledge of Dash Diet.
- Food Allergy - Causes, symptoms & dietary management.

Unit -III

- Critical care Nutritional screening and nutritional status assessment of the critically ill.
- Nutritional support system and other life - saving measures for the critically ill.
- Enteral and parenteral nutrition support. Role of immune enhancer, conditionally essential nutrients, Immune suppressants, and special diets in critical care

- Complications of nutritional support system including re-feeding syndrome and rehabilitation diets.

Unit -IV

- Enteral nutrition: Various sites for enteral nutrition. In brief, discussion on Ryles tube and its care. Types of feeds, advantages and disadvantages of home-based feed.
- Commercial formula feed – incorporation of easily digestible food. Requirement of nutrients according to problems e.g. renal, respiratory etc. Total parental nutrition. The importance of TPN Long term effect of its use Site of TPN and its care Composition.

Reference books

1. Food and Nutrition - by Dr. M. Swaminathan
2. Text book of Nutrition & Dietetics - by K. Meed Khanna & others.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)
Therapeutic Nutrition
(Practical)

COURSE CODE: BVNM -6285

Course outcomes

1. To develop therapeutic diets according to special requirements of nutrients.
2. To calculate the nutritive value of diets.
3. To study the nutritive value of diets given in different diseases.
4. To develop entrepreneurship skills in students.
5. To encourage the students to set up a diet clinic.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)
Therapeutic Nutrition
(Practical)

COURSE CODE: BVNM -6285

Marks: 20

Note: Paper will be set on the spot by the examiner.

1. Prepare following therapeutic recipes and calculate their nutritive value.
 - a. Prepare 5 recipes of liquid and soft diet.
 - b. Prepare 5 high protein and high energy recipes.
 - c. Prepare 5 high carbohydrate, moderate protein & low fat recipes.
 - d. Prepare 5 high fiber and low glycemic index recipes.
 - e. Prepare 5 low sodium, low fat and high fiber diet.
2. Plan and calculate nutritive value of diet for the following diseases.
Typhoid, Diarrhea, Constipation, Jaundice, peptic ulcer, Diabetes, Hypertension, atherosclerosis, renal disease and obesity.
3. Students are required to run Diet Clinics in the college.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

SESSION: 2021-22

QUANTITY FOOD PRODUCTION & SERVICE

(Theory)

COURSE CODE: BVNM-6286

COURSE OUTCOME:

CO (1). To understand about different food services.

CO (2). To get the concept of menu planning and importance of personal hygiene of food handlers.

CO (3). To discuss about food management, food purchasing and preparation of different foods.

CO (4). To understand the effective use of leftover food, food production system and effect of cooking method on nutritional quality of food.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

SESSION: 2021-22

QUANTITY FOOD PRODUCTION & SERVICE

(Theory)
COURSE CODE: BHSM-6286

Time:3Hours

L-T-P

2-0-2

Max.Marks:100

Theory:60

Practical:20

CA:20

INSTRUCTION FOR THE PAPER SETTER:

□ Eight questions of equal marks are to be set; two in each of the four Sections (A- D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Each question carry 12 marks.

□ Candidates are required to attempt five questions, selecting at least one question from each Section.

□ The fifth question may be attempted from any Section.

COURSE CONTENT:

UNIT- I

□ Aims and objectives of different food service and beverage outlets (a) Hospitality industry, (b) institutional/welfare.

□ Food and Beverage service methods Table service Assisted service Self service-Types Single point service Specialized service.

UNIT- II

□ Menu Planning- importance, factors, construction writing and display.

□ Importance of personal hygiene of food handler – clothes, personality, health, attitude towards customers.

□ Cost Control- Standardization and portion size of recipe-calculating cost of dish, meal and event. Methods of calculation - Gross profit ratio food cost ratio. Methods of controlling cost.

UNIT- III

□ Characteristics of Food- Quality in food service, Quantitative, sensory and nutritional quality.

□ Food Management- Food Purchasing, receiving, storage, handling and preparation.

□ Food production – Food production system, food production process, effect of cooking methods on the nutritional quality of foods. Some large quantity cooking technique, Effective use of leftover, holding techniques.

UNIT-IV

□ Waste product handling: Planning for waste disposal. Solid wastes and liquid wastes

□ Control of Infestation - rodent, flies, cockroaches control, use of pesticides.

□ Service Areas- Planning of service area, Table sizes and decor of service area.

References:

1. Mohini Sethi, Surjeet Malhan, Catering Management An Integrated Approach.
New Age International (P) Limited Publisher Jalandhar.
2. Mohini Sethi, Surjeet Malhan - Institutional food management.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester– VI)

SESSION: 2021-22

QUANTITY FOOD PRODUCTION & SERVICE

(PRACTICAL)

COURSE CODE: BVNM-6286

COURSE OUTCOME:

CO 1: To prepare them for event management.

CO 2: To give hands on training for commercial cooking

CO 3: To make them clear about the nutritive calculations of various recipes.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester-VI)

SESSION: 2021-22

**QUANTITY FOOD PRODUCTION & SERVICE
(PRACTICAL)**

COURSE CODE: BVNM-6286

Time:3Hours

Max.Marks:20

Note: Paper will be set on the spot by the examiner.

- 1) Standardization and cost calculation of a snacks&meals.
- 2) Preparation of High Teas/Lunches/Dinners for special occasions.
 - Kitty party
 - New Year
- 3) Holi/Diwali
- 4) Lohri
- 5) Anniversary
- 6) Birthday
- 7) Picnic
- 3) Arrange one small party
- 4) Daily and occasional cleaning of kitchen equipment's, utensils, counters, floor and cupboards.

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester-VI)

SESSION: 2021-22

Computer (Database Concepts)

BVNM-6127

Time: 3 Hours

L-T-P:

1-0-1

Maximum Marks: 50

Theory: 25

Practical: 15

CA- 10

Instructions for the Paper Setters: - Eight questions of equal marks (5 marks each) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

Unit - I

Database Management System (DBMS): Meaning and need of a database, Advantages, Limitations of databases, Applications of Database, Meaning and need of DBMS, Database Components: Tables, Rows, Columns, Attributes, Queries, Record, Primary Key, Foreign Key, Creation and Relationship between tables.

Unit - II

MS ACCESS Database Basics: Databases, Records · Fields, data types, Introduction into Microsoft Access, Starting Up Microsoft Access, creating New, and Opening Existing Databases, creating a database using a wizard, creating a database without using a wizard.

Unit - III

Tables - What they are and how they work, create a table from scratch in Design view, Primary Keys, Switching Views, Entering Data, Manipulating Data, Linking multiple tables together.

Unit - IV

Forms -What they are and how they work. Reports - What they are and how they work. Creating a Report Using a Wizard.

Instructions for the practical examiner: -

Practical examination is to be based on topics covered in the syllabus.

Practical exam is to be set on the spot by the practical examiner.

Suggested readings: -

Access 2016 Bible, by Michael Alexander and Richard Kusleika, Wiley

MS ACCESS 2013 PLAIN & SIMPLE by Andrew Couch, PHI Learning Pvt. Ltd

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester-VI)

SESSION: 2021-22

Internship

(PRACTICAL)

COURSE CODE: BVNI-4288

Time: 3 Hours

L-T-P

0-0-4

Max.Marks:100

- Internship of any of the multi-specialty Hospital for a min. period of 30days asDietician.